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Traffic haul running red

TICKETS Toronto's cash haul from issuing red-light camera tickets in 2008 is likely to be $3 million lower than projected because of delays in installing new cameras. The city had expected to take in about $5.2 million this year from handing out $180 tickets. Now the expectation is only $2.2 million. "I wish the shortfall was because people weren't running red lights," said Coun. Glen de Baeremaeker. TORSTAR NEWS SERVICE

Election 2008 pg 14-16
- Harper reveals treat for homebuyers
- Heard on the Street
- Dion talks health
- Banking on NDP
- Campaign quotes

Celeb Buzz pg 58

Sienna 'affair' angers fans

Travel pg 27

Fit enough for New York?

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TARA WALTON/TORSTAR NEWS SERVICE

A student is consoled by an unidentified woman outside Scarborough's Bendale Business and Technical Institute yesterday. A shooting incident forced the school into lockdown mode.

Teen shot at Bendale

Bendale Business and Technical Institute has always had a bad reputation. There are drugs, guns, fights and gangs.

But over the past year, teachers, students and parents have been working to change that.

They brought in hall monitors and cameras. Police officers began building relationships with students. Moral had never been higher, said Genette Morin, chair of the parent council.

That all changed yesterday.

Minutes before lunch, Taimone Moore was shot once in the abdomen in the school parking lot. The 16-year-old fled inside and collapsed near the front entrance. As the school went into lockdown, Moore was taken to Sunnybrook Hospital with life-threatening injuries. After several hours of surgery, he was in stable but critical condition.

Nearby Donwood Park Junior Public School, David and Mary Thompson Collegiate Institute and Highbrook Learning Centre were also locked down but those were lifted around 2:30 p.m.

"They announced it over the loudspeaker. Her voice sounded panicked. I knew it wasn't a drill."
Kayla Hall

Outside Bendale school, police chief Bill Blair described what led to the student's shooting. "There was a physical altercation. A fight involving a number of young men, and a firearm was discharged during that fight."

Police are still looking for four male suspects who were seen fleeing the property.

At first, students didn't even know someone had been shot. Moore had managed to limp inside, his shirt stained with blood. He made it to the front entrance before collapsing.

"They announced it over the loudspeaker. Her voice sounded panicked. I knew it wasn't a drill," said Kayla Hall, 18. TORSTAR NEWS SERVICE

City urged to seek long-term funds for HPV vaccine

Toronto's board of health officials should urge the province to provide long-term funding to vaccinate Grade 8 females against the human papillomavirus (HPV), a new public health report says.

The vaccine, Gardasil, is being administered free to girls — with parental consent — in Ontario schools to prevent up to 70 per cent of cervical cancers and 90 per cent of genital warts.

The program began after Ottawa provided $300 million for three years, beginning last year. Ontario got $117 million of that.

Toronto Public Health offered the vaccine to more than 13,000 Grade 8 girls in 401 Toronto schools last year, 8,000 of whom had received the first dose as of July 1 of this year.

The public health report, which is on tap for tomorrow's board of health meeting at city hall, urges that the program be continued beyond its allotted three years.

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Father of sick baby up for bail hearing today

The Toronto man who was arrested after a hospital standoff over the care of his severely malnourished nine-month-old baby will appear in court this morning for a bail hearing. But his chances of getting out of jail could be more difficult because the Crown has said it will not consent to his release. TORSTAR NEWS SERVICE

Local

Installation stalling transit smart cards

It will take more than a magic wand to make the province's Presto smart card the dominant, standardized fare medium for all 10 Toronto-area transit systems. Planners are projecting a smart card will be widely available around the region by 2010. Among the issues still to be resolved is the complexity of installing card readers on the various vehicles run by the region's 10 transit agencies, said David Smith, director of the Presto System Project. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Music

Check out CD reviews of Metallica, Nelly (right), Solange, Lindsey Buckingham, and more.

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What's online today.

Watch Stéphane Dion step up his attacks on Stephen Harper while tamping down dissent in his party.

Go on patrol with Canadians in Afghanistan and learn why the military's motto could be "hurry up and wait."

Lotteries

Ontario Pick 3	874
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Encore	8373467
Daily Keno	5, 11, 18, 20, 21, 23, 30, 31, 32, 38, 39, 41, 43, 46, 53, 54, 57, 62, 66, 69.

These results are not official.

2 killed, 2 hurt in GTA attacks

It was a bleak and bloody day for the Greater Toronto Area as four separate attacks unfurled across the region in less than eight hours, killing two and wounding at least two more.

The violence began just after noon, when a 16-year-old boy was shot outside Bendale Business and Technical Institute in the city's east end. The boy, identified by friends as Taimone Moore, underwent surgery later in the day.

It wasn't long until gunshots rang again, this time in Mississauga. A man believed to be in his mid-20s was gunned down in a daylight attack on Reindeer Drive in Malton, the region's 19th homicide this year. Peel Police revealed few details, but friends believe the victim is Paramprit Dhinsa, who attended local schools in the area.

About an hour later, a teen was shot at a basketball court behind an apartment complex near Jane Street and Finch Avenue W. Though witnesses rushed to perform CPR, the victim — who neighbours said was shot in the head — was pronounced dead at the scene.

Then, around 7 p.m., police were called to Kennedy Road, near Sheppard Avenue, where a man was stabbed. There was no official word on his condition late last night, but paramedics reported he was without vital signs.

TORSTAR NEWS SERVICE

Gunplay suspects

- Peel Police said they are searching for two black suspects spotted fleeing the scene on Reindeer Drive after 4 p.m.

Viva strike looms in York region

BUSES Viva transit riders are being advised to consider their commuting options with a potential strike looming Monday between the drivers' union and Veolia Transportation, the company that runs the buses.

York Region Transit buses would continue to operate if there's a strike, but the five Viva routes would be suspended if drivers walk off the job Monday morning.

TORSTAR NEWS SERVICE

KAREN SUNIVERSITY/TORONTO

Ryerson's Krishnan Venkatakrishnan teaches a manufacturing fundamentals class in one of the new Ryerson AMC lecture theatres in the Toronto Life Square building.

Ryerson, AMC premiere 'classrooms'

UNIVERSITY By day, engineering students learned about manufacturing fundamentals in theatre 13.

By night, audiences watch Bangkok Dangerous on the big screen.

In what's being touted as the first project of its kind, Ryerson University yesterday formally opened 12 high-tech "classrooms" at the AMC theatre on the northeast corner of Yonge and Dundas streets.

"The theatres were purpose-built for Ryerson and designed with students in mind," Ryerson president Sheldon Levy said yesterday.

In 2003, Ryerson rented nine theatres at the Carlton Cinemas after a surge in enrolment, but students were unhappy as space was tight and there were no hard surfaces to write on. But yesterday, those at the AMC theatre said they liked the set-up with plush chairs, high-definition screens and good acoustics. TORSTAR NEWS SERVICE

Showtime

- About 8,000 students use the theatres from Monday to Friday from 8 a.m. to 1 p.m.

News in brief

ECONOMICS Although Toronto has been identified as having one of the two most sluggish urban economies in the country, the city is still without a chief economic development officer. The position has been vacant since last June but has not been filled.

CHARGES Halton police continue to interview teen girls in Milton as they probe allegations several high school students have been raped. A 16-year-old Milton youth is facing four counts of sexual assault.

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Rhino dies after 10-hour surgery

A white rhinoceros answering to "Yeki" has died after an awkward surgical procedure at the Toronto Zoo. After suffering extreme constipation, the rhino underwent a 10-hour surgery last Tuesday, but died Thursday. METRO NEWS SERVICES

House demolished

City steps in after excavations render building unsafe

By early morning, it was obvious to everyone that the little green house didn't have a leg — or in this case, a solid foundation — to stand on.

The two-storey house at 185 Coleman Ave., in the Danforth Avenue and Dawes Road area, was demolished by city workers yesterday after it was decided that excavations in the basement during the weekend had destabilized the walls and rendered the building unsafe.

"The building is in dire need of being taken down," said Jim Laughlin, deputy chief building official for the city, earlier in the day.

Contractors "were doing some work in the basement and undermined the foundation," he said, adding there was no city permit issued for the job.

The house has turned into a financial disaster for the owner, Jason Carey, and his wife, Kyla Prashad, who had hoped to sell the home after renovations for between $350,000 and $400,000. The couple had already invested at least $50,000 in building materials into the renovation.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

A city worker watches as a backhoe demolishes at house at 185 Coleman Ave. The city of Toronto stepped in to raze the house after it was deemed unsafe.

The couple was using a family member as a contractor, who has successfully dug out several homes, including the one they live in.

Carey said they had applied for the permit but were waiting for it to go through.

"We are not going to dispute that the house could have been underpinned in a way that had been more safe," Prashad said. "We did file for a permit and we were under the understanding that once we paid for the permit, we were free to go ahead."

Carey said the couple had been renovating the house for more than a year. They said someone at the city told them they could be responsible for the demolition bill, which could top $100,000.

"Can you imagine spending over $100,000 in building a house and watch the city charge you $100,000 to tear it back down?" Prashad said.

TORSTAR NEWS SERVICE

Plans endorsed to celebrate War of 1812 bicentennial

HISTORY Know much about the War of 1812?

In four years, Toronto city officials are aiming to help you know a lot more, as the 200th anniversary of the start of the U.S.-British conflict rolls around on June 18, 2012.

The plans, endorsed yesterday by the economic development committee, will revolve around Fort York. The British garrison at the fort, close to what was then the shoreline, failed to prevent invading U.S. troops from occupying the nearby town of York in 1813. They stayed for six days, pillaging homes and burning public buildings, including the first Parliament building. Revitalizing the fort, including restoring buildings and adding a new visitor centre, is estimated to cost $12.4 million.

Plans also call for creating a trail system to link notable sites in the area, and building a pedestrian bridge to connect the fort's Garrison Common with the neighbourhood to the north across the rail line.

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Man gets life for stabbing death

A 19-year-old Brampton man has been sentenced to life in prison after pleading guilty to murdering another man on March 23, 2007. Donald Corey Martin yesterday entered a plea to second-degree murder in the stabbing death of Brian Wainman, 27. TORSTAR NEWS SERVICE

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Mould forces class to move

An Etobicoke high school has moved all 400 Grade 10 students to an empty downtown school for the next four months while it replaces its 20 portables because of black mould.

The good news is, they're now near Honest Ed's, noted the principal.

"The Mirvishes should know there's a lot of excitement here among students and staff — we're looking at this as an adventure, not an adversity," said principal Patrick Keyes of Bishop Allen Academy.

His school opened up its "Markham St. campus" yesterday in the former St. Peter's Elementary School on Markham Street, a block from Bloor and Bathurst.

The popular Catholic high school on Royal York Road near the Queensway, whose enriched programs draw a waiting list, decided to replace all portables after black mould — likely caused by this year's high rainfall — was found recently in four of the aging buildings.

Without the portables, the school can't fit in 1,543 students, and the Grade 10s were the easiest to move en masse because, unlike Grade 9s, they study by semester, and unlike Grade 11 and 12s, they rarely take classes with another grade.

"It's not perfect — some students are upset that they've had to change teachers, and that's understandable," said Keyes, who accompanied students on the 20-minute subway commute between schools yesterday morning.

TORSTAR NEWS SERVICE

Common

- Black mould is a problem faced by schools across North America. Most school boards have regular mould inspections and it is not uncommon to take a portable out of service while mould is removed.

Accused denies intent to kill man

COURT An alleged drug dealer accused of murder yesterday denied that a blow to his already broken nose caused him to angrily attack a customer with a metal bar.

Antonio Aloysius Jones, 41, insisted he struck Scott Laverriere, 37, with the bar in self defence when his version of events was challenged by prosecutor Cam Watson.

"I suggest you got hit. You were angry and you hit him with a metal bar," Watson told Jones in a Brampton courtroom.

"I'm telling you … you're definitely wrong," Jones answered.

Jones has pleaded not guilty to second-degree murder in the Sept. 18, 2004 death of Laverriere.

"I'm sorry for what happened. I'm sorry for his family, for my family," Jones told Watson. "I didn't mean for him to get injured. I just hit him so he'd let me go."

Jones denied Watson's suggestion that he "meant to kill" Laverriere.

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Harper says Montreal bridge safe despite report of deterioration

Prime Minister Stephen Harper has offered assurances about the structural safety of the aging Champlain Bridge in Montreal, in spite of a recent study cited by Radio-Canada that has cast doubts on the safety of the bridge, which is used annually by 59 million motorists. THE CANADIAN PRESS

Canada

Plea made in puppy case

A 42-year-old Alberta woman charged after five puppies were thrown down an outhouse and left to die last winter has pleaded not guilty to animal cruelty charges. Samantha Rieberger of Crowsnest Pass faces a trial in Pincher Creek provincial court Feb. 9. THE CANADIAN PRESS

Troops cleared in kids' deaths

Canadian troops followed proper procedures when they opened fire on a civilian vehicle that failed to stop and accidentally killed two young Afghan children last July, an investigation into the incident has revealed.

According to the Canadian Forces National Investigation Service, the driver of the vehicle, which was transporting the children and their parents, failed to respond to warning signals as it approached the Canadian convoy.

It also found the soldiers involved "followed proper escalation of force procedures and acted within their rules of engagement during the incident."

A single round from a 25-millimetre cannon was fired into the speeding vehicle, which came within 10 metres of the convoy.

Four-year-old Maraka and two-year-old Tor Jan were killed July 27 in the Panjwaii district southwest of Kandahar City.

Military officials said at the time that the soldiers involved flashed the lights on their vehicles, made hand gestures and issued audio warnings for the vehicle to pull over. The gunner pulled the trigger fearing the approaching vehicle might have been planning a suicide attack.

The military said it regularly reviews its procedures in an effort to avoid harming civilians.

THE CANADIAN PRESS

Maine **Chuckles at conference**

JIM COLE/THE ASSOCIATED PRESS

Shawn Graham, premier of New Brunswick, and Maine Gov. John E. Baldacci joke during the Conference of New England Governors and Eastern Canadian Premiers in Bar Harbor, Maine, yesterday.

Suspended MPP Murdoch greeted with cheers, hugs

POLITICS Suspended Progressive Conservative Bill Murdoch received cheers and hugs yesterday at the International Plowing Match in southwestern Ontario while embattled party leader John Tory was greeted with occasional taunts of "leave Murdoch alone."

Tory suspended Murdoch from the caucus last week after the outspoken party veteran said it was time Tory considered other job options.

Murdoch wasn't invited on the Conservative float with 10 other caucus members for the opening parade at the huge rural fair and exhibition, so he rode alone on a donated fire truck and was cheered as the "voice of the people" by some rural supporters.

Murdoch agreed to meet with Tory and the entire caucus sometime next week, but said he wouldn't back down from saying the party needs a new leader.

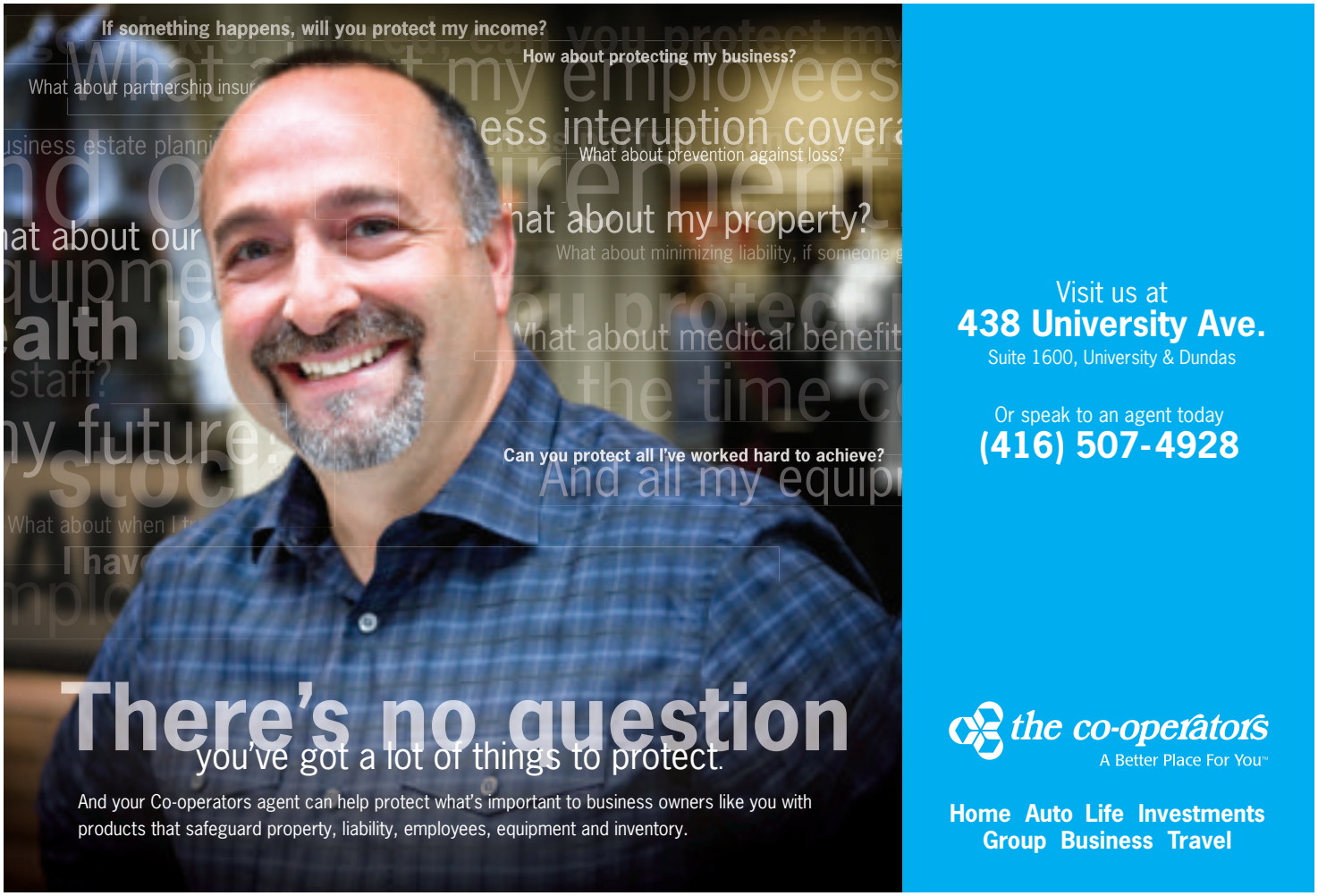
Murdoch said he was pinning his hopes on some of the other Conservatives speaking up on his behalf.

THE CANADIAN PRESS

News in brief

ECONOMY Governments have relatively few levers to guide the country through turbulent economic waters, economists say — splashing cold water on Prime Minister Stephen Harper's claim that the Tories are the ones best-suited to manage the country's finances.

THE CANADIAN PRESS



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Brothers missing in eastern Ontario found safe after 18-hour search

Two brothers reported missing south of Alexandria, Ont., have been found safe following an 18-hour search. Daniel Leger, 14, and Josh Leger, 12, were reported missing from their home in Glengarry, Ont., around 9 p.m. Monday. THE CANADIAN PRESS

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Blind love put to test

CANDICE WARD
for Metro Canada

No first date, no first kiss and no meeting the parents - at least not before the wedding.

One of Calgary's newest radio stations, Energy 101.5 FM, is out there to prove that love is truly blind with a social experiment called Two Strangers and a Wedding.

The station is encouraging men and women in Calgary who have been unsuccessful in finding love and genuinely desire to be married to apply.

"We are not saying caller six wins a wedding," said program director Rob Mise, adding that the station wants to find the perfect love connection.

CANDICE WARD/METRO CANADA

Energy 101.5 FM Morning Show's Freeway Frank, Meg and the show's producer Ian pose with a possible bride and groom for their social experiment Two Strangers and a Wedding.

Although there will be no exchange of livestock in this untraditional arranged marriage, the station is taking this possible union seriously and taking precautions to ensure the safety of all parties involved, including an extensive screening process and a lie detector test.

Many aspects of the radio courtship will remain confidential, such as the identities of each potential bride and groom.

The wedding date has been set for Oct. 30.

Lindros building unveiled in London

CHARITY Former NHL star Eric Lindros was known for his presence on the ice and now in retirement he'll be known for his generosity off it.

Lindros was on hand in London, Ont., yesterday for the unveiling of the Lindros Legacy Research building, made possible by his $5-million donation to the London Health Sciences Centre.

The gift is believed to be the largest one-time charitable donation by a Canadian sports figure.

Doctors at the centre helped heal Lindros's injuries during his career, which was cut short by concussions.

THE CANADIAN PRESS

Khadr war-crimes trial slated for Nov. 10

GUANTANAMO BAY The much delayed war-crimes trial of Canadian Omar Khadr is now slated to go ahead on Nov. 10 at Guantanamo Bay, more than a month after it was originally scheduled.

But Khadr's lawyer, Lt.-Cmdr. Bill Kuebler, said yesterday further delays are likely since the trial judge has not ruled on a "motion to compel an appointment of an independent psychologist and psychiatrist."

A schedule calls for the trial to resume in early December if not finished by Nov. 23. THE CANADIAN PRESS

News in brief

ECONOMY A new study concludes New England and Atlantic Canada are losing out on economic growth without major east-west highway and rail connections across Maine to the central United States. Freight must now travel on long and congested routes around Maine.

THE CANADIAN PRESS

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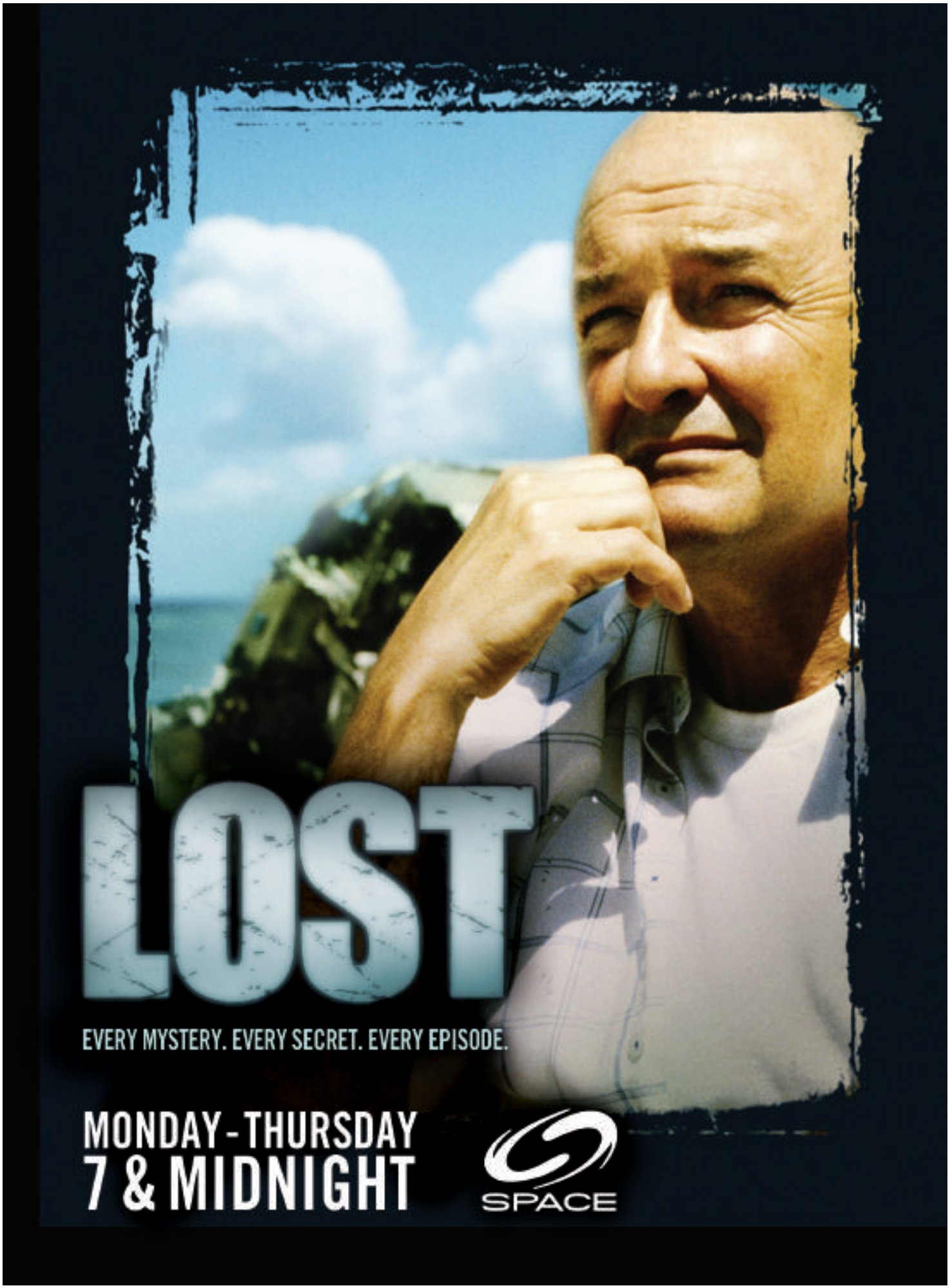
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Regulate use of restraints on mentally ill, advocates say

Advocates for the mentally ill are calling for provincewide regulations on the use of restraints as a coroner's inquest in Toronto continues into the death of a patient who died after being bound by the wrists and ankles to a bed for five days. THE CANADIAN PRESS

Listeriosis death toll rises

Medical journal blames Harper government for outbreak

As the death toll rose yesterday from the national listeriosis outbreak, the Canadian Medical Association Journal slammed the federal government for undermining public health safeguards.

A woman, in her early 80s, in New Brunswick became the 17th person whose death has been linked to the recall of food products from a Maple Leaf Foods plant in Toronto.

"As in the Walkerton and SARS epidemics, an outbreak of this size may point to systemic failures across multiple levels," states an editorial in the latest edition of the journal, referring to a deadly water contamination eight years ago in Walkerton, Ont.

"Listeria is the biological agent, cold cuts the vector, but the ultimate cause may be found in risky government decisions."

The editorial, signed by several doctors and journal editors, states that Prime Minister Stephen Harper's government has reversed much of the progress previous governments made in relation to public health.

THE CANADIAN PRESS

EnCana wants credits for carbon piped in from U.S.

PIPED A Calgary-based energy giant wants offset credits from Ottawa for carbon dioxide it pipes in from the United States and stores underground in Saskatchewan, documents shows.

EnCana Corp. lobbied Industry Minister Jim Prentice in January to broaden regulations so Canadian companies that ship carbon from the U.S. and store it in Canada qualify.

The Conservatives plan to set up a carbon-trading scheme that grants offsets to companies who meet emissions targets. Firms who don't meet the targets can buy offsets from those with a surplus instead of reducing their emissions.

THE CANADIAN PRESS

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Did you know?
Elections Canada used about 550 tonnes of election materials in the 2006 election, including ballot boxes, forms, training manuals and signs. **ELECTIONS CANADA**

Election 2008

Candidate

Justin Trudeau

Separatist group targets Trudeau

CAMPAIGN Justin Trudeau has been chosen as enemy No. 1 by a separatist group in Quebec. The Young Patriots of Quebec — which describes itself as an activist group of "indépendantistes" from age 7 to 77 and which also demonstrates frequently for the primacy of French language rights — yesterday launched its campaign against Justin Trudeau, a star Liberal candidate for the Montreal riding of Papineau. **TORSTAR NEWS SERVICE**

Break for homebuyers

Harper unveils plan that may save first-timers $750

Conservative Leader Stephen Harper, undeterred by Canadian autoworkers heckling him by megaphone from across the street, pulled another election goodie out of his campaign bag, a tax credit on expenses of up to $5,000 for first-time homebuyers.

At a subdivision construction site where homes sell for about $300,000, Harper unveiled details of the tax break that would apply to the extra costs of closing a home purchase — one he said would save families up to $750, and would create jobs in the construction industry.

As Harper spoke, police sirens whooped and about two dozen protesters — Kitchener Frame autoparts workers facing a plant closure next year — yelled: "What are you doing about manufacturing job losses?"

They were kept across the street, but from time to time drowned out the prime minister.

After repeatedly being asked by reporters about the ailing manufacturing sector in Ontario, Harper defended his government's approach. While there have been job losses, "the important thing is that there have been far more jobs created than lost" overall in the Canadian economy, he said.

He said the tax credit he proposes would help create jobs in the construction industry as well as help families. The tax credit will apply to fees for things such as land transfer taxes, inspection fees, appraisal fees, and legal fees, which Harper said can add up to between 1.5 per cent and 4 per cent of the final purchase price

In 2007, nearly 300,000 individuals or families bought a home for the first time.

TORSTAR NEWS SERVICE

PAUL CHIASSON/THE CANADIAN PRESS

Conservative Leader Stephen Harper delivers a speech yesterday during a news conference at a housing project in Kitchener.

Funds

Tories admit ads were used for national campaign

LAW The Conservative party acknowledges in Federal Court documents that $1.3 million worth of advertising allotted to individual Tory candidates in the 2006 election was in reality produced for the party's national campaign and had no bearing on candidates or local issues.

But the Conservatives, in a lawsuit mounted by candidate agents against Elections Canada, insist that federal election law allowed the party to place the ads on behalf of the candidates, and to give the candidates money that they then used to pay the party for the advertising.

THE CANADIAN PRESS

27 days remain until the 2008 Canadian federal election

Heard on the Street: Do we need this federal election?

From Metro newsrooms across Canada

Tina Goralewski
age 22,
Cooksville

A: Not really. Because it doesn't seem like much has changed since the last one and I think it will be the exact same thing in the next one (a minority government).

Jeff Barker
age 49,
Mississauga

A: I think so. I would tend to agree with Stephen Harper, that it's (Parliament) dysfunctional; there's not a lot going on right now, not a lot of substantive debate. It's just sort of one-upmanship.

Deqa Galbete
age 19,
Mississauga

A: I think so. The economy is not doing too well in Canada so I think a new government would change that.

Roger Leborgne
age 43,
Halifax

A: I think we need to get rid of Stephen Harper. Just because I don't like his way of doing business. Nothing personal.

Marie-Eve Claudia
age 26,
Ottawa

A: It's hard to tell if the population is satisfied with the present government. An election will confirm if the government is moving in the right direction or if people want changes.

Claudia Bonifay
age 19,
Montreal

A: Yes. I want some changes in Ottawa. The campaign should be longer though so we have the time to know what the parties have to say and to make a clear choice.

Teri Freeman
age 24,
Calgary

A: I think this whole thing is kind of a waste of time. Everybody knows how they're going to vote anyway and nothing has come up so far that's going to change anyone's mind.

Vern Dolinsky
age 30,
Edmonton

A: I think it is necessary because they haven't really been accomplishing much in Parliament. It's just a chance to reset everything and start from scratch.

Danielle Behan
age 24,
Vancouver

A: Yeah. With gas prices and everything, I think it's getting kind of ridiculous. I don't think the Conservatives are very focused on that.

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Election 2008

PHILIP CROUCHER/FOR METRO CANADA

Liberal Leader Stéphane Dion waves to supporters with wife Janine Krieber and Toronto Centre MP Bob Rae prior to a press conference yesterday in Halifax.

System ailing: Dion

The Liberal party's campaign caravan swept through Nova Scotia and Quebec yesterday, dropping promises to fix the country's ailing health system along the way.

Leader Stéphane Dion pledged $900 million to create new strategies to cover the costs of catastrophic drugs and promised another $420 million to beef up the country's thinning ranks of health professionals.

Dion trotted out a pair of Liberal stars for his prescription-drug plan announcement in the courtyard of Dalhousie University's medical school.

Prominent Liberal MPs Bob Rae and Scott Brison joined Dion for the event.

Brison didn't have to travel far from his nearby Nova Scotia riding, but Rae came in from Toronto to meet up with the Liberal convoy — and the party put him to work.

In what Dion called "one of the most fundamental policies a government can provide to its citizens," the four-year plan would cover drug costs for people living with serious illnesses such as cancer, diabetes, and arthritis.

"No Canadian should have to sell their home to pay for their prescription drugs — not in the Canada that we want to build," Dion told an enthusiastic crowd of more than 100 supporters at the Maritime Museum of the Atlantic.

Dion said society has an obligation to help people with debilitating, chronic illnesses pay for expensive drugs. THE CANADIAN PRESS

Layton pledges new banking regulations

Jack Layton promised yesterday to protect Canada's economy from a U.S.-style meltdown by revamping banking regulations, although the solutions he proposed are measures already in place in the U.S. — measures that failed to prevent the economic crisis.

When asked whether he had specific changes in mind, Layton could only mention two measures adopted in the U.S. years ago — increased shareholder rights to monitor the operations of company directors, and the Sarbanes-Oxley Act, adopted in 2002 after the Enron scandal. The law established new standards for public companies and accounting firms.

Those measures did not prevent the sub-prime mortgage crisis and its continuing effects on the American economy. THE CANADIAN PRESS

They said it

Quotes from the federal campaign trail yesterday:

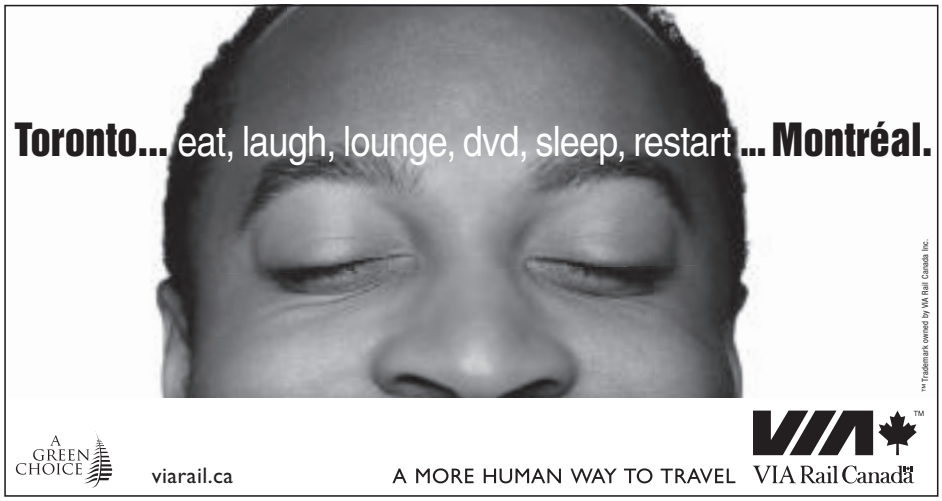
"Mr. Harper, he speaks better English than me. OK. But I say the truth better than him in English and in French."
— Stéphane Dion in Halifax.

"Don't worry about it, Harper! You'll be on the unemployment line soon enough!"
— Dave Leitch, a laid-off autoparts worker heckling Stephen Harper in Kitchener.

"I think they're the same protesters we get in every election."
— Prime Minister Stephen Harper dismissing protesters in Kitchener.

"From Mr. Harper alone, it's a one-man band. We have ideology, we have personal attacks, we have negativity and we have Herbert Hoover in a blue sweater. I think we can do better than that."
— Liberal candidate Bob Rae.

THE CANADIAN PRESS



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Man convicted for plot to attack sporting events

A jury has convicted a seventh man of being a member of a terrorist cell that allegedly plotted to attack major sporting events in Australia in a bid to kill thousands of people. THE ASSOCIATED PRESS

World

McCain created BlackBerry — just kidding

Move over, Al Gore. You may lay claim to the Internet, but John McCain helped create the BlackBerry. At least that's the contention of a top McCain policy adviser, Douglas Holtz-Eakin. Waving his BlackBerry personal digital assistant and citing McCain's work as a senator, he told reporters yesterday: "You're looking at the miracle that John McCain helped create." A McCain aide later dismissed the remark as "a boneheaded joke by a staffer." THE ASSOCIATED PRESS

Lawsuit filed to end 'Troopergate' probe

Five Republican state legislators filed suit yesterday to end the bipartisan investigation into Alaska Gov. Sarah Palin's firing of the public safety commissioner even though the vice-presidential candidate once said she welcomed the probe into allegations of abuse of power.

The lawsuit called the investigation "unlawful, biased, partial and partisan." None of the legislators who filed the suit in Anchorage Superior Court serves on the bipartisan Legislative Council that unanimously approved the investigation.

The scandal known as "Troopergate" gained national attention after Republican presidential candidate John McCain chose Palin as his running mate.

Palin fired public safety commissioner Walt Monegan in July. Weeks later, it emerged that Palin, her husband, Todd, and several high-level staffers had contacted Monegan about state trooper Mike Wooten, who had gone through a nasty divorce from Palin's sister before Palin became governor. While Monegan says no one from the administration ever told him directly to fire Wooten, he says their repeated contacts made it clear they wanted Wooten gone.

THE ASSOCIATED PRESS

News in brief

TAINTED China's latest product safety scandal — tainted milk formula blamed for killing two babies and sickening 1,200 — expanded to include more foods yesterday, with state media reporting some formula produced by companies involved was exported.

BOLIVIA An opposition governor in Bolivia has been arrested on charges of organizing a massacre. President Evo Morales says at least 15 people died in the ambush and 37 were wounded.

THE ASSOCIATED PRESS

Russia Crash victims remembered

DMITRY LOVETSKY/THE ASSOCIATED PRESS

A portrait of a passenger on the Boeing-737-500, which crashed late Sunday in Russia, is fixed at a temporary memorial yesterday.

Bush urges donation for Ike victims

HURRICANE U.S. President George W. Bush is appealing to Americans not to let disaster fatigue slow donations to victims of hurricane Ike.

Speaking during a visit to his storm-ravaged home state of Texas, Bush said the need for assistance is great.

The president also cautioned frustrated people displaced by the storm to listen to state and local authorities before returning to their badly battered neighbourhoods.

The few hundred holdouts on Texas' ravaged Bolivar Peninsula will be required to leave in the next few days, and officials said yesterday they are ready to use emergency powers to empty the barrier island.

THE ASSOCIATED PRESS

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Pakistan warns U.S.
Pakistan has ordered its forces to open fire if U.S. troops launch another raid across the Afghan border, a spokesman said yesterday. THE ASSOCIATED PRESS

Ill O.J. case witness returns to the stand

The witness who fell ill during the first day of testimony in the trial of former football star O.J. Simpson returned to the stand yesterday morning, giving defence lawyers another crack at cross-examination.

Bruce Fromong, one of two memorabilia dealers Simpson is accused of robbing, apologized when he returned yesterday. Simpson had already earned notoriety when he was acquitted in 1994 of the murder of his ex-wife and her friend in a high-profile criminal trial.

Paramedics were summoned Monday after Fromong, 54, became lightheaded while undergoing cross-examination. They examined Fromong but left without taking him to a hospital.

"It was a long day; I might not have had enough water," Fromong said as he returned to court yesterday. Fromong has had four heart attacks in the past year and is "medically fragile," his lawyer says.

The break Monday had interrupted a pointed cross-examination by Simpson lawyer Gabriel Grasso, who bored in after Fromong said for the first time that during the hotel room confrontation a year ago, he heard "somebody in the room saying, 'put the gun down.'"

Yesterday, Grasso asked Fromong how many meetings he had with prosecutors since November.

"Two, maybe three times maximum, I think," Fromong responded.

"Did you mention this fact to them, this 'Put the gun down?' Or was it the other way around, that they said to you it would be important if someone said 'Put the gun down?"' Grasso asked.

"I mentioned it," Fromong said.

Simpson, 61, and co-defendant Clarence (C.J.) Stewart, 54, have pleaded not guilty to 12 charges, including kidnapping, armed robbery, coercion and assault with a deadly weapon.

THE ASSOCIATED PRESS

Obama to spend $5B on Great Lakes

CLEANUP Senator Barack Obama will propose a $5-billion trust fund for Great Lakes cleanup and restoration if elected president, his campaign said Tuesday.

The fund, to be phased in over 10 years, would be the centrepiece of a plan that also includes designating a co-ordinator to oversee Greats Lakes programs and a stepped-up fight against invasive species.

Obama's program also pledges a "zero toxics" policy for the lakes, which make up nearly one-fifth of the world's fresh surface water. Another priority would be strengthening federal standards against mercury.

THE ASSOCIATED PRESS

2,000 attend Hells Angels funeral

MOTORCYCLES It was far from a quiet goodbye for a slain Hells Angel leader Mark (Papa) Guardado.

Monday's funeral for the 46-year-old president of the San Francisco chapter gunned down two weeks ago drew about 2,000 mourners, many driving some of the biggest, baddest, loudest Harleys ever.

They came from across the United States, Canada, even Germany and Australia.

Police are looking for a member of the rival Mongols Motorcycle Club, whom they believe to be a suspect in Guardado's shooting.

THE ASSOCIATED PRESS

Records The long and short of it

SANG TAN/THE ASSOCIATED PRESS

He Pingping, from China, the world's smallest man, sits underneath Svetlana Pankratova from Russia, the Queen of Longest Legs, at Trafalgar Square in London yesterday.

News in brief

CRASH Investigators probing last month's airline crash in Madrid say the plane's wing flaps did not deploy during takeoff.

IRAQ David Petraeus, the American general who presided over Iraq's pullback from the brink of all-out civil war, relinquished his command yesterday to Gen. Ray Odierno under a cascade of official thank-yous.

MARRIAGE A Muslim preacher in Nigeria who claims 86 wives and 107 children has been charged with breaking Islamic laws governing marriage.

PIRATES France's army rescued two French hostages in a gun-battle with Somali pirates that left one of the kidnappers dead and six captured, the president's office announced yesterday. THE ASSOCIATED PRESS

Swedish government announces further income tax cuts

Sweden's centre-right government says it will lower income taxes by $2.2 billion US in 2009 to make it "profitable to work" and reduce reliance on welfare payments. Income taxes were cut by $6 billion in 2007 and $1.5 billion in 2008. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

2,600 want GM buyouts

BUYOUTS No workers at General Motors will face layoffs next year at the company's truck plant in Oshawa because of a heavy response by other employees to early retirement incentives and buyouts.

More than 2,600 production employees and tradespeople at GM's Oshawa complex have already accepted company offers to retire early or leave the company, according to the Canadian Auto Workers.

The response surpasses the number of jobs GM will eliminate when the plant closes next July.

"When this is all done, we will have no one on indefinite layoff and GM will be hiring temporary workers to make up a shortfall," Keith Osborne, the CAW's plant chairperson, said yesterday. TORSTAR NEWS SERVICE

Shoppers not trading down

Canadian consumers are shopping more carefully and taking full advantage of special offers, but they're not systematically "trading down" to cheaper products and stores the way they are in the U.S., some Canadian retailers insist.

"We're not really seeing trading down."
Eric La Fleche, chief executive of Metro Inc.

Still, many retailers are clearly hunkering down, curtailing expansion plans and trying to get the most out of existing stores, a retail analysts' conference heard yesterday.

"We're not really seeing trading down," said Eric La Fleche, chief executive of Metro Inc., operator of Ontario's second largest food chain, which includes the soon to be renamed Dominion and A&P stores.

La Fleche said Metro has seen an increase in sales of store brands, which are usually cheaper for consumers than the equivalent national brand, but offered several explanations.

"Is it because of better packaging or economic conditions? It may be a bit of both," he said.

He said consumers are taking full advantage of products on sale and also buying more prepared meals, which may reflect a shift away from more expensive restaurant meals. TORSTAR NEWS SERVICE

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Rocky Mountaineer cuts 33 jobs
Rocky Mountaineer Vacations, which runs high-end train trips through B.C. and Alberta, is cutting 33 jobs. THE CANADIAN PRESS

Bell loses fees case

$25 for late bill payment improper: Judge

An Ontario judge has ruled that Bell Canada Inc. has improperly collected millions each year from satellite television customers who are late paying their monthly bills.

The Ontario Superior Court of Justice sided with a class action suit that claimed a $25 "administrative" fee charged to Bell ExpressVu customers who were more than two months late paying their bills amounted to a criminal rate of interest.

"If this ruling holds, a lot of companies are going to have to reassess their positions." Paul DeWolf

The law in question prohibits annual interest rates in excess of 60 per cent and was originally intended to target loan sharks.

"This goes beyond Bell," said Paul DeWolf, the suit's representative plaintiff, yesterday. "If this ruling holds, a lot of companies are going to have to reassess their positions."

The class action was launched on behalf of current and former ExpressVu customers that have paid the late charge. The satellite TV service has about 1.7 million subscribers in total, roughly 33,000 of which are charged the administration fee every month, according to court documents.

TORSTAR NEWS SERVICE

TV-perfect **HD cosmetics go public**

RICHARD DREW/THE ASSOCIATED PRESS

J.P. McCary of Temptu applies high definition make-up backstage before the spring 2009 collection of Joanna Mastroianni in New York yesterday. HD cosmetics, once used just for newscasters, models and actors, are becoming more popular among women who want to appear like they would in HDTV: lifelike, flawless and picture-perfect.

Flight attendants lose arbitration

BID Air Canada flight attendants have lost their arbitration bid seeking severances for workers to be laid off with two base closings in Halifax and Winnipeg in November.

Air Canada will offer minimal relocation support, some commuting assistance and a job sharing option for only some of those choosing to stay with the airline, the flight attendants' union said.

THE CANADIAN PRESS

Crude oil prices continue to sink

ENERGY Oil prices extended their steep losses yesterday, tumbling below $92 US a barrel as a worsening economy suggested U.S. energy demand will keep falling. Light, sweet crude for October delivery fell $4.31 to $91.40 a barrel on the New York Mercantile Exchange, after earlier dipping to $90.55.

THE ASSOCIATED PRESS

GM presents Volt car on 100th birthday

LOAN General Motors Corp. chairman and CEO Rick Wagoner unveiled the automaker's long-awaited electric car yesterday and said turmoil in financial markets should not affect government loan guarantees that would help the auto industry develop high-tech vehicles.

Speaking at GM's 100th anniversary celebration, Wagoner said the $25 billion in support was approved last year and should now be funded to help the industry build next-generation automobiles and meet government fuel economy standards.

PAUL SANCYA/ASSOCIATED PRESS

The Chevrolet Volt.

Wagoner showed off the near-production version of the Chevrolet Volt, designed to go over 60 kilometres on a single charge from a home electrical outlet.

THE ASSOCIATED PRESS

In brief

RATES The U.S. Federal Reserve kept its key interest rate unchanged at 2 per cent yesterday, saying that strains in financial markets have "increased significantly." Some investors had hoped the Fed would cut rates after the financial markets crisis.

AIG INSURANCE Its future in the balance, American International Group Inc. huddled yesterday with U.S. Federal Reserve officials to find the cash the huge insurer needs to stay in business and avoid igniting more global financial turmoil. THE ASSOCIATED PRESS

When you spend, you save.
And you save some more.

NHL

Carolina Hurricanes captain Rod Brind'Amour underwent surgery to remove torn cartilage from his left knee yesterday. Brind'Amour is expected to be ready for the start of the regular season. THE ASSOCIATED PRESS

Sports

Schneider put on waivers

The Anaheim Ducks placed defenceman Mathieu Schneider on waivers yesterday. The 39-year-old NHL veteran has until noon today to be claimed by another team. If he isn't, Schneider will clear waivers and remain property of the Ducks. He had 12 goals and 27 assists in 65 games for the Ducks last season. THE ASSOCIATED PRESS

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Petitclerc golden in Paralympic farewell

Canadian star claims fifth title in Beijing

She is rolling perfection; Canada's gold standard of the three-wheel set. So, how appropriate it was yesterday that, when Chantal Petitclerc finished the 1,500-metre wheelchair race in Beijing and ended her illustrious Paralympics career, she broke away from the pack to cross the finish line all alone.

After all, no one came close to her at these Paralympics, where she won five gold medals and set three world records. Few Canadians have entered her stratosphere as athletes or inspiring role models.

"When I saw I was on my own, it was like a bonus," the 38-year-old Montrealer said of the exclamation point on her career.

"It felt like a gift to finish it all alone."

Perhaps it was a repayment, a bit of payback for all that the effervescent yet relentlessly tough Petitclerc has given her sport and her country. As one of Canada's most decorated Paralympians, she has brought home 21 medals from five of these quadrennial meets, a treasure-trove of excellence that includes 14 golds. Michael Edgson, a blind swimmer who lives in Delta, B.C., won 18 gold and three silver medals over three Games.

Petitclerc has also received many honours off the track — Maclean's magazine named her Canadian of the Year in 2004 — and she annually receives consideration for the Lou Marsh Trophy as Canada's athlete of the year. Undoubtedly, she will again this year.

TORSTAR NEWS SERVICE

What a haul!

- With five gold medals at this year's Paralympic Games in Beijing, wheelchair racer Chantal Petitclerc retires with 21 medals in all, and is the world record holder at four distances.

ANDY WONG/THE ASSOCIATED PRESS

Canada's Chantal Petitclerc smiles after winning the women's 1,500-metre T54 final yesterday at the Beijing Paralympic Games.

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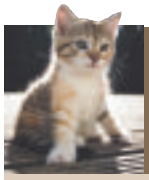
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Bettman rips KHL for Radulov signing

NHL Commissioner Gary Bettman can't hide his disdain for Russian hockey and the International Ice Hockey Federation for allowing Alexander Radulov to play in the Continental Hockey League (KHL).

Bettman

"I don't think the way the KHL or the IIHF has handled the Radulov situation is either fair, appropriate or in good faith," Bettman said yesterday at a news conference following the league's board of governors meeting. "That's the reason we have reservations about doing business with the KHL going forward."

Radulov is the rising star who is playing for Salavat Yulaev Ufa of the Russian-backed KHL even though he has a valid contract with the Nashville Predators. The IIHF has suspended Radulov from international play but has not sanctioned the KHL.

That has made the NHL's collective blood boil. Saying it wants to be a good international citizen by working toward a transfer agreement that would regulate the exchange of players, the NHL is nonetheless trying to extend its presence in Europe. Four teams will play regular-season games there this fall.

NHL deputy commissioner Bill Daly said the league would still rather have a transfer agreement with European federations but could live without it.

TORSTAR NEWS SERVICE

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Hockey
Patrick Roy's son has pleaded not guilty to assault following his attack on a fellow Quebec Major Junior Hockey League goaltender. THE CANADIAN PRESS

J. MERIC/GETTY IMAGES

Passionate female fans, like these two Tampa Bay Rays boosters, abound in the world of pro sports.

Gloves come off for female sports fans

New book revels in women's love of big leagues

YorkReport

Marty York

marty.york@metronews.ca

Women enjoy professional sports. They really, really do.

This is a generalization, I know, but it's a cold, hard fact if you believe what's written in a new book called GAMEFACE, The Kick-Ass Guide for Women Who Love Pro Sports.

Women "may not fill our brains with as many numbers as some male fans do," GAMEFACE says, "but we appreciate the intricacies of the game, understand its complexity and appreciate the larger implications of sports. We get it. Most of us just aren't quite as obsessive about it as some of our male counterparts."

So there. Women share our passion and co-authors Erica Boeke and Chris De Benedetti do their utmost to prove it in GAMEFACE. Clearly, they did their due diligence and dug up what they believe females need and want to know to augment their apparent affection for sports. And their New York-based publisher, Virgin Books (please, let that go) provided them with 348 pages in which to get their mission accomplished.

The writers are life-long sports fans who obviously live and breathe this stuff and are determined to share their knowledge with fellow females. They smother readers with mostly riveting information in quick-hitting, easy-to-read fashion.

"Sure," the book says, "women sports fans don't mind that there are some fine looking men in sports, and we loved posting the 'Would you rather shag Tom (Brady) or Eli (Manning)?' question to our friends during the weeks leading up to the 2008 Super Bowl … But women also love players for their hearts, minds, characters and gravity-defying skills."

GAMEFACE is laden with details about sex scandals, including a couple of old pitchers (Fritz Peterson and Mike Kekich) swapping wives, and a one-night stand involving entertainer Madonna and ex-slugger Jose Canseco.

There are stories about lousy national-anthem performances and athletes who tried to cross over into music, often embarrassing themselves.

The authors also discuss fashion in sports — raving, incidentally, about the old Montreal Expos' chapeaus, which they called "very cool", and ripping the threads of the Denver Broncos, tennis player Rafael Nadal and sportscaster Craig Sager.

There's a nifty chapter on superstitions in sports, which describes not only the Curse of the Bambino (Babe Ruth) but also the Curse of Jessica Simpson.

The authors recount famous feuds, pranks and couples (NHLer Mike Comrie and singer Hilary Duff made the book). There also are stories about crime and drugs and cheating and …

Yep, they cover all every woman (and man, for that matter) needs to know about the sports they love, and then some. The book doesn't hit shelves until October, but in the meantime, check out www.GoGameFace.com.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Slump busters?

• On Page 126 of GAMEFACE, co-authors Erica Boeke and Chris De Benedetti tell readers all about "slump busters," when athletes go to bars to find "overweight, ugly women" for the purposes of sleeping with them — preconceived efforts to end their slumps.

Sports in brief

NFL The Seattle Seahawks took two steps to shore up their injured-depleted receiving corps yesterday by trading for Keary Colbert and re-acquiring Koren Robinson. Seattle agreed to a one-year contract with Robinson, its former No. 1 draft choice. Colbert was acquired from the Denver Broncos, reportedly in exchange for a 2009 draft pick.

NFL Pittsburgh Steelers head coach Mike Tomlin clarified the status of quarterback Ben Roethlisberger's shoulder: Sprained but not separated. The injury will likely keep Roethlisberger from fully participating in practice today, but not from playing Sunday against Philadelphia.

THE ASSOCIATED PRESS

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An Open Letter From Donald Trump To All Toronto Area Residents Who Want To Get Rich In Real Estate & Business!

Trump Tells All!

"I've Made Billions And Now I want To Share My Success Secrets With You!"

– Donald Trump,
Executive Producer, The Apprentice, NBC • Chairman, Trump Institute

Dear Toronto Area Resident,

Have you seen my TV show, *The Apprentice*? It's been one of the top rated shows on NBC for eight consecutive seasons!

Not only that, it has made me a media phenomenon and forever changed my life.

And now, at the age of 60, I've decided to make a bold move to share my knowledge and experience in such a way that it could be a great advantage to you.

What Kind Of Advantage?

The best kind of advantage; the kind of advantage that could make you money and make you rich.

If you are seriously interested in hearing what I have to say about being successful, about making money and about getting rich, please read every word of this letter carefully. It contains an invitation for you to discover what has taken me the better part of my life to learn and put into action.

Please let me explain.

Before *The Apprentice*, I was famous for building the world's largest and most beautiful buildings, golf courses and casinos, and for being a marketing whiz when it comes to succeeding in business. Everywhere I went people treated me like royalty and I was generally considered a big shot.

Everything Has Changed!

Because of *The Apprentice*, everything has changed. I have truly become a household word, globally. Everywhere I go people say something to me. Sometimes they say, "Trump, you're fired!" Or, "You're hired!" But always, they greet me with respect, humor and friendship. It's like they know me personally.

I love that!

With this monumental fame there comes a great responsibility (and an enormous opportunity) to make a huge contribution to the North American economy.

Something Extraordinary For You!

Since the amazing success of *The Apprentice*, I have been wondering what to do with this new power of worldwide fame. Recently I got the idea to do something truly extraordinary and totally outside of the box.

What I've decided is that I want to train and educate the next generation of real estate moguls and business entrepreneurs. Why?

There are two very good reasons:

Reason #1:

America's been very good to me and my family and this is a great way I can give back to the country and help stimulate real economic growth.

Reason #2:

I believe that what I have to share will create so much success for my students, that I will leave a legacy as being the father of modern real estate acquisition and entrepreneurial success.

You see, one thing you should know about me is that more than anything, I want to be known as a great businessman, maybe even the greatest!

That's why I have created Trump Institute.

Want To Know How I Do It?

Would you like to know how I buy and sell real estate? How I pick properties for huge profits and high yield equity gains?

Would you like to know what I look for when buying a business or starting a new business? If so, I'm inviting you to come to a special seminar introducing Trump Institute. At this seminar you'll see first hand the type of education I am offering.

Who Should Attend?

If you're asking yourself, "could this be the moment that changes everything for me?" All I can say is, you'll never know unless you try.

Your Success Depends On You!

Ultimately, your success depends on you, and with my help, you can get an education and an advantage that has not only proven to work for me, but it has also worked for many of the world's richest men and women.

You see, in my quest to be the best, I have sought the advice and guidance from people who have also experienced mega-billionaire success. I have incorporated their techniques and experiences into my own personal treasure chest of successful business and real estate knowledge, strategies, and wisdom.

A Powerful Team of Experts!

I also have an incredible team of business entrepreneurs and real estate mavens (very talented experts), who deliver my material and my lessons.

These are men and women who are highly successful professionals in business and real estate. They speak from my lips to your ears and they back it up with experience, knowledge and wisdom. I wouldn't put my name on it any other way.

Money-Making Skills

Through this seminar you'll learn practical money-making advice about how to be successful in business and how I invest in real estate.

Here's just a sample of what you'll learn:

- **You are going to learn the Trump Way to get cash back when you BUY a property.**
- Learn the Trump Way to get other people to jump-start your business.
- **The Trump Way to find great deals in the hidden markets others don't know about.**
- The Trump Way to finance your business without putting up your house or risking personal liability.
- **The Trump Way to build YOUR real estate empire property by property**
- You will discover the Trump Way to make piles of cash.
- **You will learn the Trump Way to get the government to buy your product and rent your properties.**
- You'll see the Trump Way to negotiate with bankers—and win big!
- **The Trump Way to be your own boss—forever.**
- The Trump Way to build your retirement account quickly and live the lifestyle of your dreams.
- **The Trump Way to stop paying high taxes.**
- The Trump Way to build your Power Team—the right way.
- **The Trump Way to structure your business organization for maximum profit and protection.**
- The Trump Way to make terrific deals on real estate in a buyers OR sellers market.

If you're serious about winning in business or catching the world's greatest wave of real estate profits, come to this introductory seminar. There are more opportunities in business and real estate in the **Toronto** area than ever before.

This Is Your Invitation

It is for this reason that I am making an absolutely irresistible invitation for you to attend my Trump Institute Introductory Seminar.

It's FREE!

Here's the deal: Admission is FREE, but you must call and make a reservation.

Sincerely,

Donald J. Trump

P.S. When I said I was going to give you my best deal, I wasn't kidding! See below!

P.P.S. My Best Deal!

My Best Selling Book FREE!

As a special bonus for all seminar attendees, I am offering free, a special edition copy of my best selling book:

Think Like A Billionaire!

This is a fantastic business and real estate book and has been a best-seller in book stores around the country.

You'll receive this book FREE, with my compliments and best wishes, at the end of the seminar. There are several days to choose from and several locations available. Look for a location near you. Call today! Thank you.

Call Today 1-800-601-8242 or Go To www.trumpwn.com For Reservations To This Trump Institute Introductory Seminar.

Admission is FREE!

- **SAT., SEPT. 20TH**
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- **SUN., SEPT. 21ST**
  9:00am or 3:00pm
  Delta Chelsea Hotel
  33 Gerrard Street West
  Toronto, ON M5G 1Z4
  (Yonge & Gerrard St. W.)
- **MON., SEPT. 22ND**
  1:00pm or 7:00pm
  DoubleTree International Plaza Hotel Toronto Airport
  655 Dixon Road
  Toronto, ON M9W 1J3
  (Corner of Dixon & Kelfield Rd.)
- **TUE., SEPT. 23RD**
  1:00pm or 7:00pm
  Holiday Inn Hotel & Suites Markham
  7095 Woodbine Avenue
  Markham, ON L3R 1A3
  (Corner of Woodbine & Steeles Ave.)

(Additional materials will be offered for sale at this Introductory Conference.)

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MLB
Derek Jeter broke Lou Gehrig's record for hits at Yankee Stadium, singing in the first inning against the Chicago White Sox last night. The hit off Gavin Floyd was Jeter's 1,270th in the 85-year-old ballpark, scheduled to close Sunday. THE ASSOCIATED PRESS

Sports in brief

MLB Joe Torre, Ron Santo and Gil Hodges are among 10 players on the latest Hall of Fame ballot for Veterans Committee voters. Dick Allen, Jim Kaat and Luis Tiant are on the list, made up of major leaguers whose careers began in 1943 or later. Tony Oliva, Al Oliver, Vada Pinson and Maury Wills also were among the candidates announced yesterday. Voting results will be announced Dec. 8.

MLB Boston Red Sox general manager Theo Epstein is nearing an agreement for a contract extension, team owner John Henry said yesterday. Epstein, who left Boston for nearly three months after his previous contract expired at the end of October 2005, currently has a three-year deal that expires at the end of next month.

MLB Paul Konerko was back at first base for the Chicago White Sox last night against the Yankees, making a quick recovery from a strained right knee and giving a much-needed boost to a lineup beset by injuries. Konerko sprained a ligament in his knee Sept. 9 after cutting off a relay and turning to throw to second base against Toronto.

THE ASSOCIATED PRESS

Blue Jays lose game, Marcum to sore arm

Starter pulled after forearm numbness

Orioles 2 Blue Jays 0

Back playing out the string after a brief flirtation with meaningful baseball, the Blue Jays opened the season's final homestand intent on finishing strong and proving their September surge was for real.

Those modest goals took a hit when starter Shaun Marcum was forced to leave last night's 2-0 loss to the Baltimore Orioles in the third inning because of numbness in his right forearm.

The severity of the injury wasn't immediately known but it does throw another question mark into the team's face. Marcum (9-7) missed a month earlier this season with elbow soreness and has been struggled ever since to regain his outstanding first-half form.

The right-hander looked out of sorts in the third, lacking his trademark command. He walked leadoff batter Juan Castro, surrendered an RBI double to Brian Roberts that was badly misplayed by Travis Snider in left field, and then walked Nick Markakis.

NATHAN DENETTE/THE CANADIAN PRESS

Blue Jays starter Shaun Marcum left last night's game against the Baltimore Orioles in the third inning with forearm numbness.

Ball four prompted manager Cito Gaston and trainer George Poulis to sprint out to the mound and after a brief discussion, Marcum's night was done.

John Parrish came on in relief and after surrendering Luke Scott's solo blast in the fourth, there was little else of consequence for the crowd of 25,746 to digest other than the grim reality of a 15th straight year without post-season baseball.

THE CANADIAN PRESS

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	88	60	.595	—
w-Boston	89	61	.593	—
N.Y. Yankees	80	70	.533	9
Toronto	80	70	.533	9
Baltimore	66	82	.446	22

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	83	66	.557	—
Minnesota	82	68	.547	1½
Cleveland	73	77	.487	10½
Detroit	70	79	.470	13
Kansas City	66	84	.440	17½

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	92	57	.617	—
Texas	74	77	.490	19
Oakland	69	80	.463	23
Seattle	57	92	.383	35

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	83	66	.557	—
w-Philadelphia	83	67	.553	½
Florida	77	72	.517	6
Atlanta	67	83	.447	16½
Washington	57	93	.380	26½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	90	58	.608	—
w-Milwaukee	83	67	.553	8
Houston	80	69	.537	10½
St. Louis	78	71	.523	12½
Cincinnati	68	81	.456	22½
Pittsburgh	63	87	.420	28

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	78	72	.520	—
Arizona	73	76	.490	4½
San Francisco	68	82	.453	10
Colorado	68	83	.450	10½
San Diego	58	93	.384	20½

(w — teams currently holding wild-card spots; x — clinched division title)

LAST NIGHT'S RESULTS

AMERICAN LEAGUE
Minnesota at Cleveland
Chicago Sox at N.Y. Yankees
Baltimore at TORONTO
Boston at Tampa Bay
Detroit at Texas
Seattle at Kansas City
L.A. Angels at Oakland

NATIONAL LEAGUE
L.A. Dodgers at Pittsburgh
Houston at Florida
Philadelphia at Atlanta
N.Y. Mets at Washington
St. Louis at Cincinnati
Milwaukee at Chicago Cubs
San Diego at Colorado
San Francisco at Arizona

TODAY'S GAMES

AMERICAN LEAGUE
Minnesota at Cleveland, 7:05
Chicago Sox at N.Y. Yankees, 7:05
Baltimore at Toronto, 7:07
Boston at Tampa Bay, 7:10
Detroit at Texas, 8:05
Seattle at Kansas City, 8:10
L.A. Angels at Oakland, 10:05

NATIONAL LEAGUE
San Diego at Colorado, 3:05
L.A. Dodgers at Pittsburgh, 7:05
Houston at Florida, 7:10
Philadelphia at Atlanta, 7:10
N.Y. Mets at Washington, 7:10
St. Louis at Cincinnati, 7:10
Milwaukee at Chicago Cubs, 8:05
San Francisco at Arizona, 9:40

AL BATTING LEADERS

Name, team	AB	R	H	AVG
Pedroia Bos	614	114	201	.327
Ordonez Det	512	68	165	.322
Mauer Min	486	91	156	.321
Kinsler Tex	518	102	165	.319
Huff Bal	557	94	175	.314
Youkilis Bos	504	86	157	.312
Morneau Min	571	92	177	.310
Suzuki Sea	632	95	196	.310
Ibanez Sea	584	81	181	.310
Polanco Det	552	86	170	.308

NL BATTING LEADERS

Name, team	AB	R	H	AVG
Jones Atl	425	79	155	.365
Pujols StL	486	91	175	.360
Holliday Col	522	103	170	.326
Berkman Hou	515	110	167	.324
Lee Hou	436	61	137	.314
Winn SF	551	80	173	.314
Guzman Wash	547	75	171	.313
Theriot ChiC	541	78	166	.307
Schumaker StL	498	82	152	.305
Molina StL	443	37	135	.305
Giles SD	525	74	160	.305

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	7	4	0	14
TORONTO	**4**	**7**	**0**	**8**
Winnipeg	3	8	0	6
Hamilton	2	9	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	8	3	0	16
Edmonton	7	4	0	14
Calgary	7	4	0	14
B.C.	6	5	0	12

WEEK 12

FRIDAY'S GAME
Winnipeg at Hamilton, 7:30

SATURDAY'S GAMES
TORONTO at Calgary, 6:30
B.C. at Saskatchewan, 9:30

SUNDAY'S GAME
Edmonton at Montreal, 1

NFL

WEEK 2

MONDAY'S LATE RESULT
Dallas 41 Philadelphia 37

WEEK 3

SUNDAY'S GAMES
Houston at Tennessee, 1
Oakland at Buffalo, 1
Carolina at Minnesota, 1
Kansas City at Atlanta, 1
Tampa Bay at Chicago, 1
Arizona at Washington, 1
Miami at New England, 1
Cincinnati at N.Y. Giants, 1
St. Louis at Seattle, 4:05
Detroit at San Francisco, 4:05
New Orleans at Denver, 4:05
Cleveland at Baltimore, 4:15
Jacksonville at Indianapolis, 4:15
Pittsburgh at Philadelphia, 4:15
Dallas at Green Bay, 8:15

MONDAY'S GAME
N.Y. Jets at San Diego, 8:30

SOCCER

GAMES FEATURING TORONTO FC:

SATURDAY'S GAME
TORONTO at Kansas City, 8

Golf

Michelle Wie, left, shot a 2-under 70 to begin the LPGA sectional qualifying tournament yesterday, then declined to talk to reporters about the round that put her in solid position in the 164-player field. The tournament runs until Friday. THE ASSOCIATED PRESS

Sens owner seeking MLS team for Ottawa

SOCCER Ottawa Senators owner Eugene Melnyk recalled his childhood yesterday, one in which he spent hours alongside his grandfather in Toronto's Stanley Park, watching the Toronto Ukrainians compete in the old National Soccer League.

Melnyk

The 49-year-old businessman cited those fond memories as part of the inspiration behind his drive to bring a Major League Soccer franchise to Ottawa in time for the 2011 season.

"Hockey may be Canada's game, but soccer is the world's game," Melnyk said after his group, Senators Sports & Entertainment, unveiled plans for a new soccer-specific stadium that would seat up to 30,000 supporters and is the backbone of Ottawa's bid for an expansion team.

"We want to bring the world's game to Ottawa," he said. "It's a strong, exciting brand of soccer and we want to be part of it."

With the 14-team league already set to expand by two (Seattle will begin play in 2009 and Philadelphia in 2010), it intends to add two more teams the following year.

At the MLS all-star game in Toronto in July, MLS commissioner Don Garber announced that Ottawa was among the cities in the running, along with Montreal, Vancouver, Atlanta, St. Louis, Portland, Ore., Las Vegas and New York.

THE CANADIAN PRESS

Newcomers stun Europe

CFR Cluj shocks AS Roma for road win in Champs League

European heavyweights Liverpool, FC Barcelona, Chelsea and Inter Milan opened their Champions League campaigns with victories yesterday.

But the most striking results on the first night of the group stage came from the competition's newcomers on the road, with Romania's CFR Cluj upsetting AS Roma 2-1 and Cyprus' Anorthosis Famagusta holding Werder Bremen 0-0.

Chelsea, which lost May's final on penalty kicks, crushed Bordeaux 4-0; five-time champion Liverpool rallied to win 2-1 at Marseille; 2006 winner Barcelona overcame Sporting Lisbon 3-1; and Jose Mourinho's Inter Milan beat Panathinaikos 2-0.

Atletico Madrid ended its 11-year absence with a 3-0 win at 1988 champion PSV Einhoven, while Shakhtar Donetsk won 2-1 despite FC Basel scoring a late goal.

Fernando Torres was back spearheading Liverpool's attack after recovering from injury as Liverpool was given a tougher test than last year's visit to the Stade Velodrome when it left with a 4-0 victory.

Marseille went ahead in the 23rd when Benoit Cheyrou lofted the ball over and Lorik Cana sidefooted past goalkeeper Pepe Reina.

The flares were still being launched when Steven Gerrard struck within three minutes with a rasping shot that looped into the net from 25 metres.

"It was amazing. It was a fantastic goal, it shows the quality he has," Liverpool manager Rafa Benitez said.

Gerrard put Liverpool ahead in the 31st from the penalty spot at the second attempt after Ronald Zubar had tripped Ryan Babel. It was Gerrard's 99th career goal.

"We played well in the first half, but in the second they pinned us in and put us under a lot of pressure," Gerrard said. "They've got small guys who are really quick and can pass around you."

THE ASSOCIATED PRESS

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

Giorgos Karagounis of Panathinaikos, left, and Ricardo Quaresma of Inter Milan vie for the ball during their Champions League Group D match yesterday in Athens. Milan won 2-0.

Tiger won't attend Ryder Cup

GOLF The closest Tiger Woods will get to the Ryder Cup is in front of his television.

Despite speculation on various websites that Woods planned to show up at Valhalla Golf Club this week, he said yesterday in a monthly newsletter he has no intention of coming.

"I plan to watch the Ryder Cup this week, but I will not attend," Woods said. "U.S. captain Paul Azinger has my cellphone number and he or any U.S. player can call me any time. If I can offer any assistance, I'm happy to help."

Woods

Woods has a 10-2-13 record in his five Ryder Cup appearances. He had season-ending knee surgery two weeks after winning the U.S. Open.

Woods has said he has not watched much golf since his surgery, and is not sure how much help he could be.

"I doubt I can do much, since I can't play practice rounds and am not privy to their team chemistry," Woods said.

THE ASSOCIATED PRESS

Colombia fires coach Pinto

SOCCER Jorge Luis Pinto was fired as coach of Colombia yesterday, less than a week after its second straight defeat in World Cup qualifying.

Colombia has lost to Uruguay 1-0 at home and 4-0 in Chile.

Eduardo Lara, the coach of Colombia's Under-17 team, was named as interim coach.

THE ASSOCIATED PRESS

SL2

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ACREU
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Disney moms
Until Sept. 19, you can apply at *disneyworldmoms.com* to be among the 16 Disney park-savvy parents who will be named to the 2009 Walt Disney World Moms Panel. The first-ever online such panel has been fielding and answering thousands of vacation questions in 2008. METRO NEWS SERVICES

Travel

Paddling underground

Heading to the Mayan Riviera? Adventure company Alltournative is offering a new half-day outing called Rio Secreto, or Secret River, for small groups. Equipped with helmets with flashlights, wetsuits and life jackets, the group descends to the underground river, where they can explore the caverns, stalactites, stalagmites, corals and other natural treasures hidden in the underground world. Visit *alltournative.com*. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

On the run in New York City

See the sights of the Big Apple while staying trim

ANNE DIMON
for Metro Canada

Now that Porter Airlines offers 44 flights a week from Toronto City Centre Airport to Newark, travellers can be running around the streets of New York City in a matter of a few hours. And I do mean running.

Since City Running Tours launched last year, seeing the sights on-the-run has become the hottest new way to tour the Big Apple. It's certainly the quickest.

It's 7:30 a.m. when Coleman Feeney picks me up outside the 414 Hotel, a recently upgraded boutique hotel in Hell's Kitchen just steps from the Theater District. We're getting an early start to beat the heat and the inner-city traffic.

The company offers about a dozen tours through the various parts of the city and will customize according to a client's interest, desired distance and running speed. Tours run anywhere from about five to 35 kilometres for everyone from fast walkers to competitive runners training for marathons. Today, we're heading to Central Park.

CITY RUNNING TOURS

City Running Tours allows tourists to take in some of New York's local sights while receiving "running commentary" from their guide and jogging buddy.

On the web

- *centralparknyc.org*
- *cityrunningtours.com*
- *porterairlines.com*
- *hotel414.com*

The beauty of this kind of tour is that you not only get to maintain your running routine, but, because you're accompanied by a licensed city guide, you get a bona fide "running commentary" on local history and culture.

We pass the Central Park Carousel built in 1951 and Feeney recalls that it was first powered by a blind horse and a blind mule. A jog away, the stage of the Naumburg Bandshell has, since it was built in 1923, been graced by Duke Ellington, Martin Luther King and John Lennon, among others.

We run past benches in the centre of the park and, between breaths, Feeney explains that back in the 1800s they were rocking chairs that cost five cents per use until vandalism drove the city to replace them with benches.

We passed Angel of the Waters (commemorating soldiers who lost their lives in the Civil War), Central Park Pond and the Bow Bridge before coming to the Ramble, Feeney's favourite part of the park. He says over 230 different species of birds have been spotted along this narrow path bordered by heavy vegetation. It's a part of the park you generally wouldn't see without a guide.

A few moments later, we come across Club Shakespeare Garden. Dating back to the 1860s, the garden is full of every flower, herb and plant ever mentioned in Shakespearean novels. We pass people already lining up for tickets to the Delacourte Theater, an open-air summer theatre with a focus on the Bard. Nearby, the 1.6 mile loop around the Jacqueline Kennedy Onassis Reservoir is one of the most scenic and popular park runs, as evidenced by the dozens of joggers, runners and dog walkers who are out for their morning fit fix.

On the way back to the hotel, we pass a pick-up point for a double-decker tour bus and dozens of tourists milling about, getting ready to see the sights

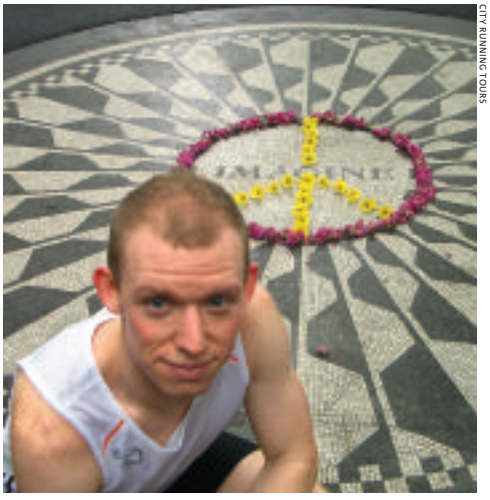
I've done both and for the fit-minded, running is definitely the better way.

Anne Dimon is a spa and wellness travel writer. Visit traveltowellness.com.

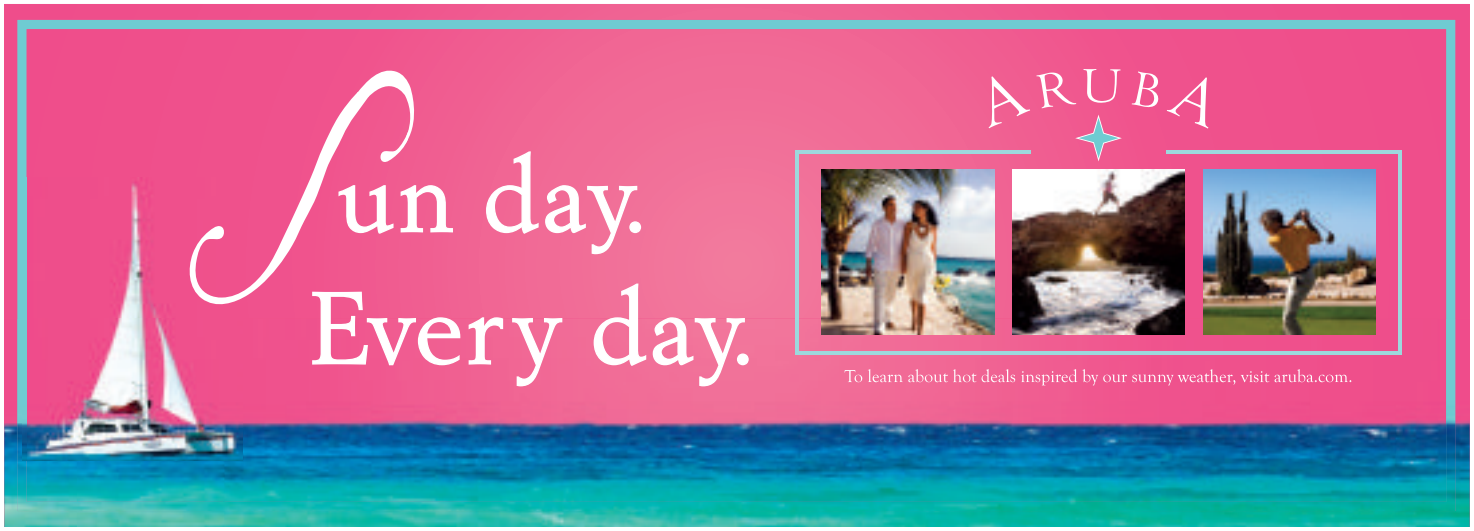
Wellness travel

- For more on spa and wellness travel, visit *traveltowellness.com*.

Below, a tourist takes a break mid-run for a photo in front of the Strawberry Fields memorial to the late Beatle John Lennon in Central Park.



CITY RUNNING TOURS



Fall colour

Le Massif de Petite-Rivière-Saint-François in Charelvoix, Que., celebrates nature at the peak of its beauty during the Le Massif ColourFest Event from Sept. 27-28, Oct. 4-5 and Oct. 11-13. Nature lovers can enjoy scenic picnics at the summit or hike along the trails. Visit *lemassif.com*. METRO NEWS SERVICES

PETER LEE/THE CANADIAN PRESS

In this file photo, Kitchener's Concordia Club dancers spin around, entertaining the crowds lining the parade route as part of Kitchener-Waterloo's annual Oktoberfest celebrations.

Oktoberfest 'extravaganza' promises good food, good beer and good fun

FESTIVAL The Kitchener-Waterloo Oktoberfest, which bills itself as Canada's No. 1 Bavarian festival, marks its 40th anniversary this year with its "largest production extravaganza" ever – an Oktoberfest Expo.

There will be traditional German culture including costumed dance groups and fine foods. The entertainment will be capped off with a performance by rock band Tom Cochrane and Red Rider.

Other events include a fashion show, car show, pro-am golf tournament and a Rocktoberfest Haus Party with rock and polka.

As well, there will be 15 "festhallen" – buildings or tents throughout the Kitchener-Waterloo region – offering oompah bands, Bavarian dancers and food.

There are also Oktoberfest Idol singing competitions and an annual treasure hunt with a grand prize of $3,000.

Oktoberfest boasts one of the biggest Thanksgiving Day parades in Canada, with marching bands from all over North America.

As well as the tremendous economic boost the festival gives the local economy during its nine days, over $1.5 million is raised by the not-for-profit organizations associated with Oktoberfest.

Shelters for the homeless and Big Sisters and Big Brothers are among the local causes that have been recipients of the funds raised at the festival.

The festival runs Oct. 10-18. THE CANADIAN PRESS

On the web

- For more information, visit *oktoberfest.ca*.

Photo festival captures the Decisive Moment

OTTAWA The second annual photography celebration known as Festival X runs Sept. 18 to 28 at art galleries, public buildings and restaurants in Ottawa and Gatineau. The theme for this year is the Decisive Moment, chosen to celebrate the 100th anniversary of famed French photographer Henri Cartier-Bresson's birth. Cartier-Bresson said: "There is a creative fraction of a second when you are taking a picture. Your eye must see a composition or an expression that life itself offers you, and you must know with intuition when to click the camera."

There will be a screening of a 2006 documentary on Cartier-Bresson. As well, the Portrait Gallery of Canada will hold an open house in behind-the-scenes research space to view selected photos, contact sheets and negatives. THE CANADIAN PRESS

On the web

- For more information, visit *festivalx.ca*.

Hiking is not for the faint of heart

Hiking boots? Check. Freeze-dried food? Check. Economy-size box of Band-Aids? Check. Sanity? To be determined. Backcountry hiking enthusiasts come out of the woodwork each season as the activity attracts more newcomers annually.

"Every year, certainly, things are getting busier," says Gordon Baker, assistant general manager at Algonquin Outfitters.

Baker has been outfitting hikers, backpackers and canoeists for years at this store at the southwest corner of Algonquin Park, some 250 kilometres north of Toronto.

Backpacking is definitely not "everything but the kitchen sink" camping, since all items required for basic well-being must be strapped to the hiker's back.

So why would anyone want to spend days in the bush without the comforts of home?

"I think it offers a challenge ... The result is that good feeling of having accomplished something," says Algonquin park ranger Kirk McEathron.

The park offers new-to-the-sport hikers several trekking options, with routes ranging from six kilometres, suitable for day hikes, to gruelling 88-kilometre loops.

McEathron recommends September or October as the best time of year to venture into the interior. The bugs are at a minimum, the water is often still warm enough to swim in and the changing leaves will distract hikers from their burning muscles.

ALGONQUIN PARK MUSEUM/THE CANADIAN PRESS

Backpackers walk on a trail in Algonquin Park. Backpacking camping enthusiasts come out of the woodwork each season as the activity attracts more newcomers annually.

Experts agree that proper equipment will make or break a backpacking trip.

Tim Southam, spokesman for Mountain Equipment Co-op, says proper footwear is crucial, and hikers must assess whether a trail shoe or a hiking boot is required.

And there's nothing worse than having a heavy pack that puts all the strain on a hiker's upper body, Southam adds.

"A good pack is going to take the weight you are carrying and place it on your hips and not on your shoulders."

Food is another important element, and the key is not to expect gourmet. The "just add water" style of dining with freeze-dried food may sound awful to some but after a day of trekking through the bush, warm food is a welcome treat.

A proper first-aid kit is also essential. Bandages and moleskin pads – found in most pharmacies – will help prevent and treat common foot irritations, but proper footwear and several changes of socks are needed as well.

McEathron remembers meeting a husband and wife after they had completed a gruelling hike – it was her first backpacking adventure.

"I asked them how it was," says McEathron. "The woman turned to me and said, 'I think my husband brought me out here to prove how much he dislikes me.'"

The moral of the story: know your limits. THE CANADIAN PRESS

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ANDREA PISTOLESI/THE IMAGE BANK

A view of Lisbon's Rossio Square at dusk.

Lisbon's beautiful melancholy

Portuguese capital wears its brimming heart on its sleeve

ANGELA BOYD
for Metro Canada

What would happen if you took the city of Paris, kept the legendary beauty, but distilled out the attitude, the snobbery? Then you added soul? You'd have Lisbon. You'd have a city that leaves you breathless with the historic beauty of its glorious past; touched by the melancholy it wears in its shabbiness and wistful music; and charmed by how easy it is to have a good time.

Comparisons to Paris aren't unprompted — Lisbon even has a grand avenue, the 1882 Avenida de Liberdade, which was modeled after the Champs Elysee.

ANTONIO SACCHETTI/IMAGESOFPORTUGAL.COM

JOSE MANUEL/IMAGESOFPORTUGAL.COM

Left, Lisbon's Monastery of Jeronimos. Right, the Praca do Comercio.

And throughout the old city you'll find splendid old churches and vistas of beautiful, neo classical buildings, as well as a litany of statues, fountains, monuments, cafes and elegant shops.

But quickly you begin to notice that Lisbon's waiters are friendly, the historic area is almost walkable in size, a café glass of delicious house wine is only three Euros ($4.50), and no one seems to care that parking regulations are only a suggestion, that the streets are a bit faded and that in the early morning, the main square is home to some folks just waking up.

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Sky-high costs
According to Carnival spokesman Terry Thornton, the cruise industry expects to benefit from the rising cost of air travel. He said airlines could cut capacity this fall. THE ASSOCIATED PRESS

JOSE MANUEL/IMAGESOFPORTUGAL.COM

Lisbon's Belem Cake Shop.

MARE MAGNUM/PHOTOGRAPHER'S CHOICE

People stroll in Lisbon's Rua do Norte at night.

›› Continued from page 30

You also notice that even the city's grandest spaces, the ones that remind you Lisbon was once the capital of the world's first maritime super power, are a touch gritty. A century of revolutions, dictatorship and wobbly governments haven't been kind.

Even the Avenida de Liberdade, built for ceremonial occasions in the prosperous times of the late 19th century, is faded. A few of the mansions, theatres and grand hotels that once lined it are still there — one hosts the Hard Rock Café — but most are gone, replaced by mundane 20th-century office buildings, some fancy hotels and exclusive shops like Armani and Escada. Sadly, too many buildings are boarded up and neglected, victims of absentee landlords.

The avenue flows down toward large squares and a set of pedestrian streets culminating in the Praca do Comercio, a magnificent piazza that commands the waterfront and is lined with colonnaded yellow 18th-century buildings that are now government offices. The piazza also reverberates with royal ghosts. Only the steps to the water remain of the long-gone royal palace and not even a mark on the pavement signals where the almost-last king of Portugal was assassinated in 1908.

Perhaps most evocative of Lisbon's poignant side is a tablet with a fragment of a poem(see above right) by Sophia de Mello Breyber that tells of the city's soul. It's found on the highest of the legendary seven hills that Lisbon sits on, by an ancient castle wrested from the Moors in 1147.

The poetry reflects a national strain of melancholy also found in the unique fado music tradition that the city cherishes. Clubs dedicated to fado's mournful strains, songs that recall the longing and loss familiar to a seafaring nation, sit side by side with progressive modern clubs of every musical taste.

In fact, the club districts up in the hills that skirt the historic area are one of the places where Lisbon's happy and boisterous side bursts through. A breathtaking climb sends you at night for a delicious dinner — fish or seafood is outstanding — in sparkling modern restaurants and then onto the clubs.

One district, called Alfama Barrio, has dark, narrow, streets thronged after midnight with raucous clubbers. An urge for drinking and dancing in the streets is irrepressible (and legal) and revellers of all persuasions hang out.

There's also no denying the vibrancy of the ancient Arab district, the Alfama. It's perched below the castle, with a distinctive maze of twisted alleys that was the Arab way of confusing an invading enemy.

Today, the Alfama is worn by daily life and wallpapered with graffiti. But the narrow streets are hung with Lisbon's famous lanterns, flagged with laundry and alive with yellow toy-like trams.

Whatever the immediate inspiration, there will be a moment when you realize what a great time you are having in this ancient, soulful, beautiful, kaleidoscope of a city. It might be listening to the choir of invisible birds hiding in the façade of the 16th-century Jeronimos Monastery. Or facing an Atlantic breeze from the castle lookout. Or even feeling a frisson of excitement as you jostle in dark alleys, seeking out the clubs glowing like jewels in the shadows.

That's when you are really glad to be in Lisbon. Paris doesn't even come to mind.

A city's soul

• High on the highest of the legendary seven hills that Lisbon sits on, an ancient castle wrested from the Moors in 1147 looms protectively over the city and its harbour. There, a tablet with a fragment of a poem tells of the city's soul:

"Lisbon with its name of being and nonbeing
With its meanderings of astonishment, insomnia and shacks
And its secret theatre sparkle
Its masklike smile of intrigue and complicity
While the wide sea stretches westward
Lisbon swaying like a sailing ship
Lisbon cruelly built next to its own absence."

— SOPHIA DE MELLO BREYBER

Sailing into the sunset

Carnival Corp. will replace its Mobile, Ala.-based Holiday cruise ship with the larger Fantasy vessel next year, boosting its capacity at the Alabama port by 42 per cent. The 1,452-passenger Holiday, Carnival's oldest vessel, will be transferred to Iberocruceros in Spain. THE ASSOCIATED PRESS

Comox Valley adventure race will combine kayaking, trekking and mountain biking

VANCOUVER ISLAND Adventure racers will tackle a 45-kilometre course in Vancouver Island's Comox Valley on Sept. 27 in an event that combines kayaking, trekking/orienteering and mountain biking. "Mystery events" are also part of the competition, organizers say. More than 250 people have registered for the Mind Over Mountain race, which will take an estimated four to eight hours to complete. Previous races in the series were held this year in Squamish and the Cowichan Valley.

Teams are coming from Australia, Minnesota, Arizona, Oregon, Alberta, Yukon, Ontario and throughout B.C., according to the event site. And if it rains? "Ha ha! It's an adventure race! Be prepared for all weather conditions!" says an FAQ on the event's website. THE CANADIAN PRESS

On the web

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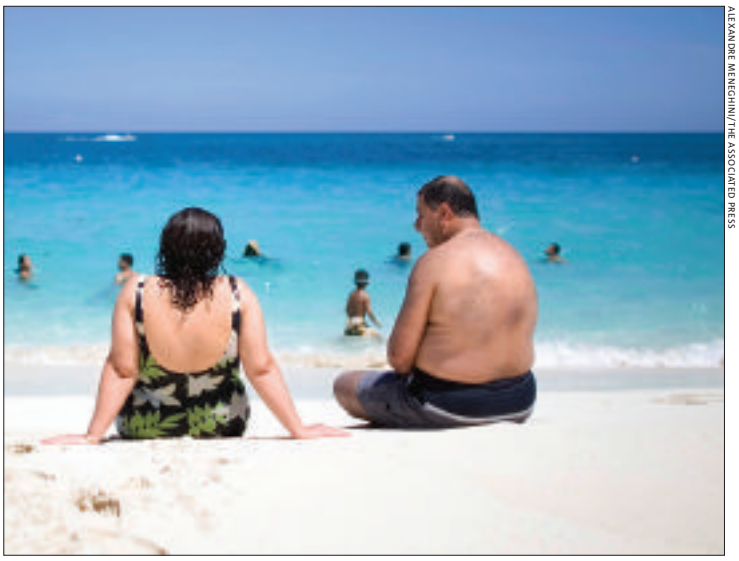

ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

Tourists sunbathe along the beach in Nassau, Bahamas, recently. Caribbean tourism officials are working overtime to reassure reluctant travellers that plenty of sun-soaked islands were untouched by a recent spate of deadly tropical cyclones.

Luring tourists back to storm-raked Caribbean

Many islands untouched by recent cyclones, say officials

Caribbean tourism officials are working overtime to reassure reluctant travellers that plenty of sun-soaked islands were untouched by a recent spate of deadly tropical cyclones.

Storms so far have sidestepped Puerto Rico, the Virgin Islands and the entire eastern Caribbean, including Martinique and Barbados.

Officials worry that potential visitors may wrongly assume the entire region was ravaged by four storms that pummelled several islands since mid-August, said Alec Sanguinetti, head of the Caribbean Hotel and Tourism Association.

The trade group is urging local tourism officials to use web cams and broadcast live video of idyllic beach settings to counter concerns.

It's a challenging sell, since Caribbean weather reports and satellite images have shown an almost constant mass of spinning storms in recent weeks.

Tropical Storm Fay formed in mid-August, followed by Hurricanes Gustav, Hanna and Ike.

The storms have killed more than 360 people across the western Caribbean and battered hotels and airports in Cuba, the Bahamas and the Turks and Caicos Islands.

Tourism is the Caribbean's chief industry, drawing more than 15 million visitors to beach resorts and colonial capitals last year.

Government officials are still calculating damages. Johnson JohnRose, spokesman for the Caribbean Tourism Organization, said it is too early to say how many tourists cancelled hotel bookings, and Sanguinetti did not estimate how much resorts have lost.

But Hurricane Ike caused an estimated $5 million US to $10 million in damage to the cruise ship terminal in Grand Turk over the weekend, according to officials with Carnival Corp., which owns the cruise ship pier and terminal on the island.

And in Cuba, officials evacuated about 10,000 tourists from seaside hotels.

Hotels in the Bahamas meanwhile lost about $1 million in storm-related cancellations — although some income was recovered when cruise ships were later diverted there from other islands hurt by Ike, said Vernice Walkine, director of the chain's tourism ministry.

THE ASSOCIATED PRESS

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Wine time
California is celebrating wine this month with festivals, tastings, grape stomps and tours. Check out the *landofwineandfood.com* for information on events as well as a wine region locator that can be searched by location or even by wine variety for things to do. THE ASSOCIATED PRESS

Smitten and surprised with Slovenia

TheTravelJunkie

Julia Dimon
juliadimon.com

JULIA DIMON/FOR METRO CANADA
Bled, at the foothills of Slovenia's Julian Alps, is known for it's tranquil waters and churches.

Europe and I don't usually get along. Expensive, predictable and overrun with tourists, central Europe is a part of the world my wandering spirit and wallet like to avoid.

I prepared for my trip to Slovenia with a little research. Bordering Italy, Croatia, Hungary and Austria, the Republic of Slovenia gained independence from the former region of Yugoslavia in 1991. A population of 2 million, most of them Roman Catholic, Slovenia has its own language, but English is widely spoken.

Since it's officially in central Europe, I had to expect the usual: crowded attractions, octogenarian tour buses and an unforgiving Euro that kicks our currency's butt. Instead, I discovered Slovenia is a hidden gem.

My trip started in Ljubljana, a vibrant capital city that exists off the radar of most travellers. With outdoor cafes, cool artistic communities, trendy boutiques and some of the best fire-roasted pizza I've ever had, I was hooked. Days were spent touring the Old Town, caramel gelato in hand, gazing up at Baroque architecture. Nights were spent sipping local beer, debating with students about which one was better — Lasko or Union?

From Ljubljana, I traveled to Bled, a tiny community on the edge of Triglav National Park. Set against a backdrop of the snow-capped Julian Alps, Bled "bleeds" medieval charm and romance.

> **"Set against a backdrop of the snow-capped Julien Mountains, Bled 'bleeds' medieval charm."**

Visitors can take a boat tour to the church of St. Mary in the middle of the lake. From there, after walking up the 99 steps to the top of the cathedral, tourists have a chance to make all their wishes come true. Legend has it that if you honor the Virgin Mary by ringing the church bell three times, your wish will be granted.

I tried, pulling hard on the fraying rope, but getting the bell to ring only three times is harder than it seems. You really have to yank, and with overzealous force comes a bell that rings too many times.

Maybe it was the legend, maybe it was the fresh air, the tranquility of the lake's thermal waters or the euphoria of a wedding party that was taking place at the time, but there was something truly magical about Bled. The whole area is quaint with a capital Q.

One of the smallest Central-European countries, Slovenia offers a range of natural beauty, from underground caves to picturesque waterfalls and mountain peaks.

Since it's all about nature, the list of outdoor activities is long: cycling, hiking, rafting, skiing — you name it.

From trendy Ljubljana to the foothills of the Alps, I found myself completely smitten with Slovenia.

The landscape is gorgeous, the city streets squeaky clean and there is a Mediterranean vibe of sophistication, without the pretension — or price of other Euro countries.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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Happy Halloween
No city in the world celebrates Halloween like Salem, Mass. Starting October 2, The 27th Annual Salem Haunted Happenings will overtake the city for a full month of events including The Official Salem Witches Halloween Ball. Visit *HauntedHappenings.org*. METRO NEWS SERVICES

Sunwing books other planes following XL Leisure bankruptcy

Canadian vacation company Sunwing has averted a crisis by securing alternative airliners for the winter season following the bankruptcy of XL Leisure Group.

"It was a pain in the neck. Our airline guys were working overnight and making sure everything was coming together," Sunwing vice-president Lawrence Elliott said in an interview Monday.

On Friday, Britain's XL Leisure Group PLC went into liquidation, leaving 50,000 passengers stranded. Its collapse came two weeks after Ottawa-based budget carrier Zoom suddenly ceased operations.

STEVE REIGATE, POOL/THE ASSOCIATED PRESS

An XL Airways plane sits on the tarmac at Gatwick Airport in London recently.

XL Leisure had been slated to provide six of the projected 15 aircraft to be flown by Sunwing this winter.

It has turned to three other companies for additional planes, including two that it already uses - Eurocypria and Transavia. A third unnamed German company has been added.

Sunwing dusted off its contingency plan when it learned that XL was unable to secure refinancing despite months of effort.

"We had understandings and agreement to get our planes elsewhere from other sources in the event that something happened to XL, all the time rooting that they would get their financing in order and everything would be fine," Elliott said. The new planes are the same Boeing 737-800s that Sunwing has in its fleet.

XL's demise forced the early return to Canada of pilots and crew Sunwing had in Europe operating flights on XL's behalf during the summer. Although the liquidation of the leasing company has put Sunwing under pressure, the impact is nowhere near as trying as when Jetsgo went under in 2005, just hours before March break. "Jetsgo was far more severe than this. All our flying was with Jetsgo," Elliott said.

This time, Sunwing had time to prepare without dealing with stranded passengers. The tough operating environment has also created a surplus of planes, including those that can be transferred from the end of the European summer season to the peak North American winter season.

Toronto-based Sunwing, which has 800 employees, is on a hiring spree as it prepares to deliver 700,000 seats this winter for Canadian snowbirds.

It serves 33 destinations from 29 Canadian gateways, including communities such as Sault Ste. Marie, Ont., and Val D'Or, Que., that are typically ignored.

Sunwing insists that it's in strong financial health despite the challenges of operating in a high-fuel-cost environment. Its fleet of Boeing 737-800s is young and relatively fuel-efficient. THE CANADIAN PRESS

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SERIOUSLY,
what is with your hair?!

Automotive

A METRO JOINT VENTURE WITH: carguide magazine.com

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Infiniti thinks outside box

'Coupe-inspired SUV' has both brawn and beauty

LORNE DRURY
for Metro Canada

Infiniti's new 2008 EX35 is one of the new wave of compact luxury vehicles based on a car platform, in this case the G35 sedan.

Every so often a vehicle comes along that doesn't fit in one of the standardized little compartments those in the automotive world like to refer to as segments.

One such example is Infiniti's new 2008 EX35, which the manufacturer describes as a "coupe-inspired SUV," and many in the business would put in the small, but growing, compact luxury sport utility class.

That may be as good a way to put it as any because it sure is sporty, but many would argue with the utility part of the equation because the EX35 is far from what one is used to in a traditional sport utility vehicle.

That's because cargo volume is limited when the back seat is in use and the legroom in that backseat area is less than what you would find in most other SUVs.

If anything, I would put the EX35 in the crossover category because it is based on the same platform as the popular G35 sedan.

But regardless of how you describe it or what segment it fits in, there is no denying the EX35 is one beautiful vehicle.

And because it is car-based, it handles like a sports sedan or coupe and due to its size, is easy to manoeuvre in tight city driving.

In short, the perfect vehicle for those upscale suburbanites who want sporty looks, above-average performance and a touch of luxury in a smaller wagon-style package.

Infiniti has also packed in a lot of interesting new technological goodies into the EX35, including the optional Lane Departure Prevention system and Around View Monitor.

My tester was a loaded model with all the toys Infiniti offers in the EX35. It topped out at $50,050 plus freight and PDI.

Not a vehicle for anyone light in the pocketbook, but sure one I would love in my driveway.

The interior is every bit as attractive as the exterior styling. Note the wave-style dashboard treatment and soft-touch materials used inside the cabin.

It is powered by the same 3.5-litre V6 engine that is in the G35 sedan. The engine produces 297 hp and is mated with a five-speed automatic transmission with manual shift mode. The same all-wheel drive system utilized in the 2008 M, FX and G Sedan is standard in the new EX35.

Styling wise, the EX35 has the looks of its FX sibling. Sleek, flowing lines, the long hood and coupe-like roofline produce an appealing exterior package.

"The EX35 is the perfect fusion of a luxury coupe and a high-utility SUV," said Ian Forsythe, director, corporate and product planning for Nissan Canada Inc.

"It's 'right-size' packaging gives it excellent around town maneuverability, while the wide rear hatch and low load floor make it a versatile performer for everyday and weekend use."

Turning to the interior, the cabin is as beautiful as the outside with a "wave-inspired" instrument panel, high-contrast gauges with white and violet illumination, soft touch materials and pleasing hospitality lighting.

During my test, I found the heated leather seats were soft, supportive and comfortable. An eight-way power driver's seat and four-way power passenger's seat are standard.

On the road, the EX35 delivers a smooth, comfortable ride with brisk acceleration.

In terms of fuel economy, the EX35 is rated as 12.9L/100 km city and 8.5L/100 km highway using premium gasoline.

Similar to the G35, the EX35 has an independent double wishbone front suspension with stabilizer bar and an independent multi-link system on the rear with stabilizer bar. Steering is power assisted and anti-lock braking with Electronic Brake force Distribution (EBD) is standard.

Two trim levels are offered on the EX35 — Luxury and Journey. Starting at $40,400, prices climb to the low-$50s.

2008 Nissan Infiniti EX35

Type: Compact luxury SUV
Price: $50,050
Engine: 3.5L DOHC V6
HP: 297 hp

Highlights

- Great looks
- Handles like sport sedan

As any parent will attest, the most important factors to consider when picking out a new car in conjunction with a new slate of classes are affordability, reliability, practicality and safety.

Chevy tops back-to-school cars list

The editors of U.S.-based Kelley Blue Book have announced their picks for the 2008 Top 10 New and Top 10 Used Back-to-School Cars to help students and parents decide which rides are best to consider for their next vehicle purchase.

Whether school is across town or on the other side of the country, the beginning of a new academic year often necessitates the purchase of a new (or used) car.

As any parent will attest, the most important factors to consider when picking out a new set of wheels in conjunction with a new slate of classes are affordability, reliability, practicality and safety. Most students, however, would likely trade all those attributes for a heavier helping of cool and fast.

Below, are the Top 10 New and Top 10 Used Back-to-School Cars for 2008 from Kelley Blue Book's kbb.com:

TOP 10 BACK-TO-SCHOOL CARS: NEW

- 2008 Chevrolet Cobalt
- 2008 Ford Focus
- 2008 Honda Fit
- 2008 Hyundai Tucson
- 2008 MAZDA3
- 2008 Scion xB
- 2008 Subaru Impreza
- 2008 Suzuki SX4
- 2008 Toyota Matrix
- 2008 Volkswagen Rabbit

TOP 10 BACK-TO-SCHOOL CARS: USED

- 2008 Chevrolet Aveo
- 2007 Dodge Caliber
- 2005 Ford Crown Victoria
- 2004 Ford Focus
- 2004 Honda Civic
- 2006 Hyundai Elantra
- 2004 Mazda Tribute
- 2004 MAZDA3
- 2004 Nissan Altima
- 2004 Pontiac Vibe

The A6 is Audi's mid-size offering, slotted between the A4 and A8 ranges, and is tied to the family through shared styling cues.

Avant garde to the max

Audi A6 blends excitement and practicality

PHILIPPE CROWE
for Metro Canada

Are you looking for sports-car handling, "better than the pack performance," style that states right away that you are at the top taste-wise, and a touch of high-end luxury and technology? But you also want comfort and space to spare, as well as a practical aspect that can't be found in a sports car. But you want everything else from that sports car.

Your car has arrived!

Let me introduce you to the Audi A6 Avant 3.2 S-Line.

The A6 is Audi's mid-size offering, slotted between the A4 and A8 ranges, and is tied to the family through shared styling cues. The contours of the shoulder line sweeping up and the movement of the dynamic line above the side sills give the entire body of the car a unique push in forward design. Seen from the front, the trapezoidal design of the single-frame radiator grille is the shared front fascia styling cue of Audi models.

Avant identifies the station wagon version developed on the sedan's platform. Not the square wagon of your grandparents, but a very stylish, swoopy one. The luggage compartment in the A6 Avant is as advanced as the rest of the vehicle. It employs two securing rails that are recessed into the floor. They are fitted with four sliding, adjustable, and lockable load-retaining lugs that can be used to secure items of almost any size. Also using these rails is a removable telescoping arm and a retractable cargo strap. Both of these items help to separate and secure items in the cargo area. The load floor itself can be folded and locked in a variety of positions to divide the cargo area.

As for the interior, it is simply a sumptuous place to spend time, either cruising or driving the Avant like a top-level sports car.

The 3.2 identifies the size of the engine, a 3123cc V6 FSI with 255 hp and 243 ft-lbs. of torque. FSI is Audi's direct injection technology. A direct injection engine delivers a more dynamic response with higher torque and power output, and lower fuel consumption. The main factor contributing to these improvements is how fuel is delivered. Fuel is not injected into the intake port but directly into the combustion chamber.

Other exciting features of the FSI engines are on-demand fuel supply, four-valve technology, a variable intake manifold and infinitely variable camshaft adjustment, which give the driver a dynamic and powerful reaction to every movement of the accelerator. All this equals muscular torque and high fuel efficiency.

Finally, S line is a package that regroups a number of exterior elements including a distinctive front grille with S line badge, aluminum door sills with S line badges, S line front and rear bumpers and 18-inch 5-arm quattro GmbH wheels with 245/40/18 summer performance tires or an optional two piece 19-inch 20-spoke alloy wheel with performance tires. When equipped with this package, the standard wood trim in the A6 is replaced with an elegant gray birch wood trim.

Being an Audi, this A6 Avant sends the power through the now legendary Quattro all-wheel-drive system, a package that seems to have been tailor made for our country.

As for the interior, it is simply a sumptuous place to spend time, either cruising or driving the Avant like a top-level sports car.

Media heaven behind wheel

Audi has just broken the sound barrier with an advanced new in-car entertainment system that offers exceptionally easy and intuitive control of iPods, MP3 players and CDs, but actually doesn't need any of them.

With its new integral hard drive, the latest Audi Multi Media Interface (MMI) is capable of storing up to 4,000 tracks internally, more than enough even for long-haul trans-continental holiday journeys.

When MMI is combined with the optional Audi Music Interface, the driver can remotely control an iPod or other music storage device using the central MMI control knob with its new built-in joystick and the four logically arranged push buttons grouped around it.

Full track and title listings are displayed on the sophisticated in-dash screen, and tracks can be scrolled through and selected in much the same way as they are using the iPod itself, earning the system plenty of plaudits already for its clarity, accessibility and ease of navigation.

Features available as part of the latest system also include DAB digital radio reception, analogue and digital TV reception and DVD playback, all through the large in-dash monitor.

The new high-tech hard drive has a total capacity of 40 GB, 10GB of which is given over to the 4,000-song mobile jukebox facility that can be loaded using SD memory cards. It also holds satellite navigation data covering the whole of Western Europe, replacing the outgoing system's already widely acclaimed DVD-based technology.

Audi has introduced the Audi MMI that features integral 4,000-song jukebox, full remote iPod control and HDD navigation.

The new hard disk dramatically enhances the already high quality mapping offered by the Audi Satellite Navigation System Plus, significantly increasing the degree of detail and offering a new 3D digital topographical view which gives a pictorial depiction of key landmarks to add even greater context.

Wherever possible it even provides a choice of three routes to a chosen destination, including one that has been specifically calculated to require the least possible consumption of fuel.

Driving the iPhone

•Audi has announced the release of the first ever iPhone application from an auto manufacturer. The "Audi A4 Challenge" is a driving game that utilizes the iPhone's accelerometer (motion sensor) to steer a digital version of Audi's entirely new 2009 A4 through a series of progressively challenging courses. Players maneuver the course and race against the clock to beat their own personal best time. The application is now available free of charge on Apple's iPhone Application Store. Customers who visit www.truthinengineering.com/a4/iphone on their iPhone will find a unique interface and content on the A4, specialized videos, wallpapers, an exterior color customizer, a dealer locator and link to install the Audi A4 Challenge application.

The Malaysian government has put its backing behind the Detroit Electric car. This is a concept of the model.

Asian carmaker powers Detroit Electric

Detroit Electric is making a comeback in a big way with plans to progressively roll out affordable electric vehicles worldwide by the end of 2009.

It was one of the first all-electric cars and was built in Detroit before fading before the rise of the internal combustion engine before World War One.

As part of the Malaysian government's initiative to tackle rising fuel prices and the search for green alternative transportation, Detroit Electric's electric vehicle has been identified as one of the potential progressive innovative ways to tackle the on-going concerns.

Malaysian carmaker Proton has been requested by Prime Minister YAB Datuk Seri Abdullah Badawi to test and validate Detroit Electric's technology and explore the potential to collaborate to create a range of pure electric cars.

Detroit Electric has to date integrated its electric drive systems into Lotus Elise's, two Proton passenger cars, Daihatsu-Cuore and VW Golf, with the intent to use these electric drive systems to development pure electric vehicles for volume production within the next 18 months.

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GT model shown, MSRP $24,995

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- Driver Information Centre

GT model shown, MSRP $22,385

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Get a handle on this van

A firm – but not jarring – ride part of the Honda Odyssey DX's appeal

MICHAEL BANOVSKY
for Metro Canada

The competitively priced 2008 Honda Odyssey DX offers a wide range of driving positions.

2008 Honda Odyssey DX

Type: Minivan
Price: $31,490
Engine: 3.5L SOHC V6
HP: 244 h.p.

Highlights

- Great handling
- Competitive price
- Attractive, robust build

The 2008 Honda Odyssey DX keeps all the functionality of its high-end siblings, but reduces the price to a competitive $31,490.

The Odyssey is more polished than Brasso. Every switch, control, lever and surface is screwed down tightly. Adjustments with the driver's seat (six-way manual adjustment) and steering controls (tilt and telescope) are smooth and offer a wide range of possible driving positions. Controls are easy-to-use, with the only blemish coming from the CD player's forward/back buttons being the furthest away from the driver. I like the storage tray between the front seats as it reminds me of being a kid, when a rack for cassette tapes filled that space in our family vehicle.

How times have changed — especially since a CD player and auxiliary input are standard. Mom can rock out to Ciara while the kids are at swimming lessons, and switch back to Barney with a few clicks of the IPod.

There are, however, quite a few blank switches that remind you of the luxury you could have attained, but for only a few options boxes. In the high-level ($48,890!) Touring model, owners enjoy such things as power rear liftgate, power adjustable pedals, power sliding doors, 360-watt sound system, satellite navigation, Bluetooth. None of which you really need, of course, unless your father is William Shatner.

Dad's gotta play, though, and thankfully Honda didn't cheap out and offer an inferior powertrain at the lowest price point. Motivation comes from a 3.5-litre SOHC V6 with VTEC, mated to a five-speed automatic.

It's 244 horsepower and 240 ft-lbs worth of go, and actually slightly more power than you can get from the top-level EX-L and Touring models — but their motors also feature i-VTEC and cylinder deactivation to markedly improve economy.

Consumption stands at a competitive 13.3 L/100 km city and 8.5 L/100 km highway. Finally, the Odyssey is rated to tow a stout 1,588 kg.

Handling is great for a van (this is coming from someone who once burned up the front tires in his mother's Mazda MPV), and while not "tossable," could conceivably force a few tossed cookies.

The ride is firm but not jarring — the soft 16-inch steel wheels, tall sidewalls, and touring-tuned tires help keep composure over rough pavement.

Safety wasn't compromised, either — four-wheel ABS with EBD, traction control, vehicle stability control, active front head restraints, dual front airbags, dual side airbags, dual three-row curtain airbags, and child-proof locks are all standard fare.

So is the Canada-only DX worthy of the money you could be putting into a college fund? Yes. It's built well, attractive, robust and will outlast most toddlers.

It's designed to grow with a family, through road and shopping trips. It feels the benchmark in a class that's gotten so good over the last few years some automakers have given up completely.

Just get the windows tinted, OK? With that much space on display, the neighbours may get jealous.

GETTY IMAGES

David Hasselhoff approves of the new version of supercar KITT.

The KITT comeback: Knight Rider returns

Even though it featured the great Hoff, Knight Rider was always about the car. Tonight, NBC is rebooting the 1980s action series about a crime fighter and his artificially intelligent talking supercar, KITT. This series has Justin Breuning behind the wheel as Mike Traceur, the estranged son of David Hasselhoff's protagonist Michael Knight.

But the star of the show — and its subsequent short-lived spinoffs — has always been the vehicle. Names of foreign versions of the original series include A Super Maquina (The Super Machine — Brazil), El Auto Fantastico (The Fantastic Car — various Latin American countries) and Supercar (Italy). Knight Rider 2000, aired in 1991, featured a customized Dodge Stealth that looked like a Pontiac Banshee IV concept car. In Knight Rider 2010 (a 1994 movie loosely based on the show), a 1969 Ford Mustang was the car of choice.

This time, Ford supplies the latest incarnation of KITT (voiced by Val Kilmer) — a customized 2008 Shelby GT 500 KR, a front-engine, rear-wheel, four-door coupe which can go from 0-60 miles per hour in 4.1 seconds. Boasting 540-horsepower, the new version features more of a musclebound design than the original, a sporty 1982 Pontiac Firebird Trans Am — which was a great promotional tool for General Motors at the time.

The marketing continues: In July, Mio Technology announced the release of a Knight Rider GPS unit.

METRO NEWS SERVICES

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SE model shown, MSRP $15,770

The new incredibly fuel-efficient **2009 PONTIAC G3 WAVE.** Seriously, look at it. That's one fun and friendly looking car. But it really knows how to give the gas pump the cold shoulder. Still, even though 5.7L/100 KM on the highway and 7.9L/100 KM in the city[1] is bad news for the gas pump, it's great news for you. And even better news is that the G3 Wave is loaded with things like optional OnStar®, auxiliary audio input jack, five star rating for frontal impact[2], available side-impact airbags and the best coverage in Canada[3]. So, even though the G3 Wave works really hard to make the gas pump sad, it works just as hard to make you happy. **Cash Purchase Price at $9,995.***

PONTIAC G3 WAVE IGNITE THE FEELING pontiac.gm.ca

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*Cash purchase price reflects discounts only available with cash purchase price offer and not available for purchase financing or lease offers. Freight ($1125), licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices. See newspaper or your participating dealer for details. [1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. [2]Equivalent Chevrolet Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). [3]Whichever comes first. See dealer for limited warranty details.

Old style is back in style

Automakers cash in on nostalgia

LORNE DRURY
for Metro Canada

The powerful 425 hp 6.1-litre SRT8 sits atop the ladder in the Challenger lineup. However, two V6 models are available for 2009, starting at $24,995. The Brampton-built Challenger also has a 5.7-litre Hemi engine, available in the R/T trim level, starting at $34,995.

Everything old is new again in the car business. Chrysler was one of the first to cash in on the public's taste for nostalgia with its PT Cruiser.

Ford followed with a redesign of the Mustang that mimicked an earlier model and now Chrysler has done it again with the return of the iconic Dodge Challenger model, set for a full-line launch in 2009.

The trend will continue next year when the Chevrolet Camaro returns, going head-to-head with the Mustang and Challenger.

Chrysler actually teased us a bit earlier this year with the introduction of the top-of-the-line SRT8 Challenger, marketed as 2008 model. However, only 500 of them stayed north of the border with about 7,000 making their way to the U.S.

While the SRT8 version is still in the lineup for 2009, the Brampton-built Challengers now start in SE trim at an affordable $24,995.

The volume leader in Canada, however, is expected to be the SXT, priced at $26,995. Both the SE and SXT are powered by a 3.5-litre high output V6, producing 250 hp and 250 lb-ft of torque.

A four-speed automatic is the only transmission available on these two models.

The third new model in the lineup is the R/T ($34,995), equipped with a 5.7-litre Hemi V8. It is offered with either a six-speed manual or five-speed automatic. The 425 hp SRT8 returns with a 6.1-litre Hemi, again with either a six-speed manual or four speed automatic.

While the SXT is expected to be the biggest seller, this car is really about muscle and the R/T and SRT8 will be sought after by gearheads.

The volume leader in Canada is expected to be the SXT.

Fuel economy is decent, but it remains to be seen how long a shelf life this model enjoys. Hopefully, the Challenger won't be the right car at the wrong time, because it's fun to drive and may be the best muscle car yet built.

And there's no doubt it attracts attention. After driving through New Jersey into Manhattan, it sure does create a stir. I've driven very few cars that elicit the response of this one. Heads turn, people do a double take and camera phones are pulled out to snap a quick picture.

The weekend after the launch, I was in Detroit for the Woodward Dream Cruise, reportedly the world's largest one-day automotive event, attracting about a million people.

Tens of thousands of vehicles of all eras from Ford Model Ts to the 2009s cruised Woodward Avenue and in the mix were a number of the 2008 SRT8s. Again heads turned and people pointed out the new Challenger to their friends.

Chrysler executives say they're excited about the prospects for the Challenger because of the buzz it creates in the marketplace.

It's great news for the folks at the Brampton Assembly Plant because it gives them another model, along with the Chrysler 300 and Dodge Charger, now that the Dodge Magnum wagon has been discontinued.

While the new Challenger boasts a striking resemblance to the Challengers of the '70s, the similarities end there.

This is a modern-day muscle car that handles like a sport sedan. On the road, the Challenger feels nimble, but you know you're in a solid car. The interior quality is better than most current Chrysler offerings, although a bit on the stark side, like muscle cars of the past.

The '09 Challenger bears more than a striking resemblance to its 1970s namesake. However, the updated version is truly a modern day muscle car that has power to spare, yet handles like a sport sedan.

For those like yours truly who have been pining for a Challenger of years gone by, but can't afford the inflated price tag, here's your chance.

Jamie Lee Curtis, second customer of Honda's FCX Clarity hydrogen fuel cell-powered vehicle is shown at a hydrogen filling station in West Los Angeles.

Star power boosts Honda FCX Clarity

Honda has announced that its second FCX Clarity customer, Jamie Lee Curtis, took delivery of the vehicle recently.

Curtis and husband Christopher Guest are the second of approximately 200 customers who will begin leasing the vehicle in the United States and Japan over the next three years.

"I really wasn't expecting it to be so luxurious," said Curtis.

"I love the interior layout, design and access to controls. It is user-friendly and very modern."

Actress and children's book author Curtis and her filmmaker husband live in Santa Monica, Calif.

They have owned other alternative fuel and hybrid vehicles and continue to seek out ways to live and advocate a greener lifestyle.

The FCX Clarity is a next-generation, hydrogen-powered fuel cell vehicle. Significant advances over Honda's previous generation FCX include a 25 per cent increase in combined fuel economy and a greater than 30 per cent increase in driving range up to 280 miles.

Propelled by an electric motor that runs on electricity generated in the fuel cell, the vehicle's only by-products are heat and water.

Also, its fuel efficiency is three times that of a modern gasoline-powered automobile.

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*On all 2009 models. Compared to MSRP for 2008, same model. **MSRP for a 2009 Murano 3.5 S AWD (L6RG19 AA00), CVT transmission/ 2009 Altima Coupe 2.5 S (T2RG59 AA00), manual transmission/ 2009 Xterra S 4x4 (8CLG59 AA00), manual transmission/ 2009 Armada LE-V8 4x4 (7CTG79 AA00), automatic transmission/ 2009 Altima Hybrid 2.5 S (T4HG19 AA00), CVT transmission/ 2009 Rogue 2.5 S FWD (W6RG19 AA00), CVT transmission/ 2009 Versa Hatchback 1.8 S (B5LG59 AA00), manual transmission/ 2009 Frontier King Cab XE 4x2 (2KLG59 AA00), manual transmission/ 2009 Maxima 3.5 SV (U4SG19 AA00), CVT transmission/ 2009 Titan King Cab XE 4x2 (1KAG79 AA00), automatic transmission / 2009 Altima Sedan 2.5 S (T4RG59 AA00), manual transmission/ 2009 Pathfinder S 4x4 (5CRG79 AA00), automatic transmission. †$47,498 MSRP for a 2009 Murano LE AWD (L6SG19 AA00), CVT transmission/ $29,798 MSRP for a 2009 Altima Coupe 3.5 SE (T2SG59 AA00), manual transmission/$36,398 MSRP for a 2009 Xterra SE (8CSG79 AA00), automatic transmission/ $30,698 MSRP for a 2009 Rogue SL AWD model w/Premium Package (Y6SG19 BK00), CVT transmission/ $16,498 MSRP for a 2009 Versa Hatchback 1.8 SL (B5RG59 AA00) manual transmission/ $31,798 MSRP for a 2009 Frontier PRO-4X King Cab (4KVG59 AA00), manual transmission/ $39,950 MSRP for a 2009 Maxima 3.5 SV w/Sport Package (U4SG19 SP00), CVT transmission/ $35,098 MSRP for a 2009 Titan King Cab SE 4x2 SWB (1KCG79 AA00), automatic transmission / $29,498 MSRP for a 2009 Altima Sedan 3.5 SE (T4SG59 AA00), manual transmission/ $40,698 MSRP for a 2009 Pathfinder SE 4x4 (5CSG79 AA00), automatic transmission. Destination and PDE charges ($1,500)/ ($1,400)/ ($1,500)/ ($1,550)/ ($1,400)/ ($1,500)/ ($1,325)/ ($1,440)/ ($1,425)/ ($1,450)/ ($1,400)/ ($1,500), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may sell for less.

Healthy tires save gas

Drivers urged to check tire pressure regularly

Motorists who measure and, if necessary, adjust their tire pressures monthly to the vehicle manufacturers recommendation can expect to save about two weeks worth of fuel annually.

A tire that is under-inflated does not roll as smoothly or as easily as it was intended. This diminishes fuel efficiency because increased rolling resistance causes the vehicle to burn more fuel, which increases both fuel costs and emissions. Fuel efficiency drops by about one per cent for every five per cent, or two pounds per square inch (psi), of under-inflation.

"Making sure your tires are always properly inflated is an easy way to achieve better fuel economy and lower harmful emissions," said Glenn Maidment, President of the Rubber Association of Canada (RAC), which represents tire makers.

"All that's required is knowing a few simple procedures and measuring your tire pressures each month. It's easy, it's free and it can save you hundreds of dollars each year at the pump"

RAC research suggests that only about a third of motorists actually take the five minutes required each month to measure their tire pressure.

According to a recent RAC survey conducted by Ipsos Reid, on any given day on Canada's roadways nearly 70 per cent of vehicles have at least one tire that is over or under-inflated by at least 10 per cent.

More disturbingly, 23 percent have at least one tire under-inflated by more than 20 per cent.

The cost of this neglect is considerable.

According to research by Natural Resources Canada, Canadian drivers will burn an extra 643 million litres of the fuel and release an additional one million tonnes of carbon dioxide into the air because one or more of their tires are under-inflated. This means the average Canadian driver could save the equivalent of two weeks worth of fuel every year simply by making sure their tires are always properly inflated.

The RAC recommends motorists buy a reliable tire gauge and use it at least once a month to ensure their tires are inflated to the vehicle manufacturer's recommendation.

A survey revealed that nearly 70 per cent of Canadians have at least one tire that is over of under-inflated by at least 10 per cent, which causes vehicles to burn more fuel.

keeping tires at the right pressure

- Remember to only measure pressure when the tires are cold. If you have been driving, wait three hours before measuring tire pressure.
- Use a reliable tire gauge when measuring pressure. A visual inspection is not an effective way of measuring tire pressure.
- Add air until the recommended air pressure is achieved. If you overfill the tire, release air by pushing on the metal stem in the centre of the valve, then re-measure the pressure.
- For more information visit www.betiresmart.ca

Toyota changes prices on 9 models

Toyota Canada has announced pricing changes on nine models.

The revised pricing reflects new specifications changes, new 2009 model year introductions and retaining competitively priced products with the U.S. and Canadian markets.

The list of 2009 model year Toyota vehicles launching soon include:

Yaris with a trunk offers a new starting MSRP (Manufacturer's Suggested Retail Price) of $13,945. Starting Sept. 15, 2008, Yaris Hatchback will carry a new starting MSRP of $13,210.

A newly revised RAV4 now starts at an MSRP of $26,500.

Prius, following a $1,900 reduction on 2008 models on July 1, has a new MSRP for its 2009 models. The 2009 base model now carries a starting MSRP of $27,400, a reduction of $200 following a change to the standard equipment alloy wheels.

Sienna, as announced earlier this month, now carries a lower starting MSRP of $28,990.

Avalon now starts at an MSRP of $37,755, Canadians will see lower introductory prices by as much as $2085 versus the comparable 2008 model while adding additional features.

Beginning Sept. 15, 2008, Highlander will carry a starting MSRP of $37,150.

Remaining competitive in the North American marketplace, the all-new Canadian-built Corolla launched earlier this year carries a new starting MSRP of $14,835, and an MSRP of $15,975 for the all-new Matrix crossover.

Toyota dealers will be selling the popular Prius for $200 less than last year's models.

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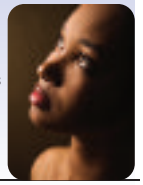

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Actor James Denton recently purchased an all-electric Zero X motorcycle from Santa Cruz, Calif.-based Zero Motorcycles.

Hero gets Zero fever

Desperate Housewives star digs electric dirt bike

While many celebrities retreat to exotic locales while on hiatus, James Denton from ABC's Desperate Housewives prefers the tranquil scenery of Montana.

As an outdoor and motorcycle enthusiast, Denton now has the ability to cruise through the countryside in complete silence on his new Zero X electric dirt bike that he recently purchased.

The Zero X is a high performance, no compromise electric motorcycle without the obnoxious noise and pollution of a regular gas motorcycle.

After taking a ride on his new Zero X through the scenic hills o Montana, Denton simply said, "It's unbelievable! You just don't expect an electric motorcycle to have this kind of power. I ride a lot so when I heard about the Zero X, I was pretty anxious to get one. It's pretty cool."

It's unbelievable! You just don't expect an electric motorcycle to have this kind of power. I ride a lot so when I heard about the Zero X, I was pretty anxious to get one. It's pretty cool."
James Denton

The Zero X is not a gas motorcycle conversion but was designed from the ground up to take full advantage of the high torque, low weight 100 per cent electric power train.

The Zero X electric motorcycle chassis is made out of aircraft aluminum making it one of the lightest motorcycle frames on the planet at 18 pounds. More than 300 individual parts were custom designed for the Zero X, leaving the bike at total weight of 140 pounds, less than half the weight of a gas-powered motorcycle.

The Zero X delivers blistering acceleration with unmatched handling and maneuverability, while at the same time, delivering a quiet and smooth ride.

The battery unit is eco-friendly and approved for landfill disposal, setting a new standard for electric motorcycles.

What makes the Zero X motorcycle truly different from other electric motorcycles is the use of a special high power Lithium Ion battery.

Zero Motorcycle's patent-pending high capacity power grid technology has the highest power density (power storage per weight) battery pack on the market, delivering the full current of the battery pack immediately, safely and without overheating.

Riders get the enjoyment of up to two hours of quality riding without seeing any impact on performance.

Vanfest celebrates best of retro VW

The winning Volkswagen vans were chosen for the five generations of Campervan display at Vanfest, Europe's largest gathering of Volkswagen vans, which took place at the Three Counties Showground, Malvern, England, from Sept. 12-14.

The competition for owners to have their vans selected for the special display and each receive £100 worth of items from the retro collection of Volkswagen merchandise was supported by Volkswagen Commercial Vehicles and the organizers of Vanfest.

online

- The full retro collection of VW merchandise can be seen and purchased at www.volkswagenmerchandise.co.uk.

The oldest van chosen to represent the first generation of the Volkswagen Transporter was a valuable 1966 split-screen Samba entered by its proud owner Simon Callum.

More than 10 million Volkswagen Transporters have been built since production started with the iconic split-screen model in 1950, which must make the Transporter one of the most popular vans in the world.

The winners of the five generations of the VW Camper were displayed last weekend at Vanfest in England.

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Hwy:	8.1L/100km	35mpg*

◊ Approximate distance based on highway mileage

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HONDA

#Limited time lease offers based on new 2008 Honda models. Lease examples based on new 2008 Civic Sedan DX, model FA1528EX / 2008 Element LX, model YH1738E available through Honda Financial Services on approved credit. £1.9% / 2.9% lease APR for 60 / 48 months. Monthly payment is $198 / $298 with $0 / $4,297.82 down payment or equivalent trade, $1,295 / $1,540 freight and PDI, first monthly payment and $0 / $0 security deposit due at lease inception. Total lease obligation is $13,424.40 / $21,020.06. Taxes, license, insurance and registration are extra. 120,000 / 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. †Limited time financing offers based on new 2008 Honda models. Finance example based on new 2008 Element LX, model YH1738E available through Honda Financial Services on approved credit. ‡MSRP is $25,290 plus $1,540 freight and PDI, financed at 0.9% APR equals $457.47 per month for 60 months. Cost of borrowing is $618.26 for a total obligation of $27,448.26. Taxes, license, insurance and registration are extra. Retailer may sell for less. Retailer order / trade may be necessary. ∑$1,000 Gas Card offer applies only to retail customer purchase, lease or finance agreements for new 2008 Element models concluded, respectively between September 3rd, 2008 and September 30th, 2008. $1,000 Gas Card offer includes GST, PST, HST, QST where applicable. Valid only on purchase, lease or finance agreements concluded at participating Honda retailers. #/£/†/∑Offers valid from September 3rd, 2008 through September 30th, 2008 at participating Honda retailers. Offers subject to change or cancellation without notice. See your Honda retailer for full details. ΩYou may be eligible for the Government of Canada's ecoAUTO Rebate Program. 2008 Civic models with 1.8L engine and manual transmission qualify for a $1,000 rebate. Visit ecoaction.gc.ca for details. *Based on 2008 Fuel Consumption Guide rating published by Natural Resources Canada. These estimates are based on Government of Canada's approved criteria and testing methods. The actual fuel consumption of these vehicles may vary. Refer to the Government of Canada's EnerGuide Fuel Consumption Guide for more information. Based on a 2008 Honda Civic with 1.8L engine and manual transmission / 2008 Element LX 2WD with 2.4L engine and automatic transmission. Visit www.vehicles.gc.ca for more information.

Chrysler readies hybrids

Chrysler's Hybrid Electric Vehicles (HEVs) have started rolling off the assembly line at its Newark (Delaware) Assembly Plant.

Chrysler is offering the two-mode hybrid powertrain on both vehicles built at the plant, Dodge Durango and Chrysler Aspen.

In order to smoothly add one of the automotive industry's most advanced technologies into their established build process, cross-functional launch teams conducted highly accurate, cost-effective computer simulation of new assembly processes.

Similar efforts were conducted at tooling suppliers.

Production of vehicles with the hybrid powertrain differs in several ways from production of those with conventional powertrains. New processes were implemented to accommodate HEV production, including a unique powertrain assembly process, and ergonomic-assist systems to aid in new functions, such as HEV battery installation.

An ergonomic arm assists assembly line employees with the installation of the 300-volt battery essential to the Chrysler two-mode hybrid electric vehicle. This battery rests under the second-row passenger seat.

There are several unique components associated with HEV production that are installed at the plant, including: 300-volt battery, two-mode transmission, torque power inverter module (TPIM), electric air conditioning, auxiliary power module, high-voltage cables (AC and DC), hydro-electric power steering pump, hybrid gateway module and cooling module.

Chrysler's advanced, state-of-the-art two-mode full hybrid system integrates proven automatic-transmission technology with a patented hybrid-electric drive system to deliver the world's first two-mode full hybrid.

In the first mode, the engine is "shut off," with the vehicle moving under electric-only power at low speed. The second mode is used primarily at highway speeds.

Keep fees in mind when buying car

Rising fuel costs are causing people to reassess their driving needs, but there are a host of other important factors to consider when purchasing a vehicle.

When comparing vehicle advertisements, it's important to know there may be additional fees on top of the advertised price. Before you buy, understand all fees and how they will affect the price your vehicle. The Ontario Motor Vehicle Industry Council (OMVIC) — the motor vehicle industry's regulatory and licensing body — has provided some useful information to consider when shopping for a vehicle:

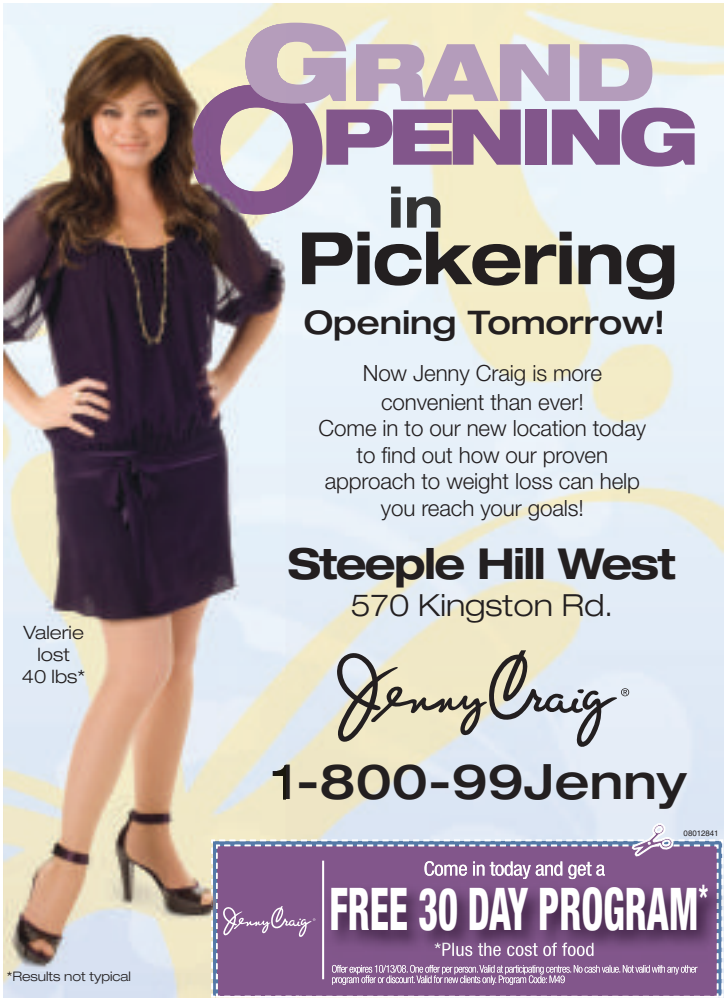
PRICING AND FEES

- "Zero per cent" or other low interest rate offers are popular, but often you have to pay more for the car if you opt for the low interest rate financing — which means the true cost of borrowing may be far more than the ad implies. Make sure you find out how much the car would be if you arranged your own financing.
- The price listed in an advertisement is usually not the entire cost of the vehicle. Administration fees, also known as "documentation fees," can be catch-alls for a variety of dealer paperwork costs, and can range up to several hundred dollars.
- When buying a new car, you can also expect to be billed for industry-specific taxes, pre-delivery preparation costs, freight costs and anti-theft window etching products.

CLASSIFIED ADVERTISEMENTS

- "Some people prefer to buy privately, but be aware that studies have shown more than 25 per cent of classified ads may be posted by curbsiders," says Brenda McIntyre of OMVIC. Curbsiders are unregistered dealers posing as private sellers who sell misrepresented vehicles to unsuspecting consumers. When you buy privately, you're on your own with very little recourse if you discover the car has been misrepresented to you.

NEWS CANADA



York law school opens student residence
York University held an opening ceremony recently for the Osgoode Chambers, a residence specifically for Osgoode Hall Law School students. METRO NEWS SERVICES

Workology

CENTENNIAL COLLEGE Centennial College

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Breach of web trust can lead to dismissal

WorkplaceLaw

With positive performance reviews and regular salary increases, 14-year company veteran Gregory Backman had nowhere to go but up. But life can be lonely at the top. Having admitted to viewing pornography on his workplace computer, Backman was immediately fired. He wasn't about to go easily.

Supervising employees at the Saint John, New Brunswick premises of Maritime Paper Products Ltd., Backman had run into problems with Internet pornography before. He had been caught viewing inappropriate websites in 2002 and 2005. When a computer audit revealed that Backman had been surfing pornographic web sites for more than 10 hours in October 2006, Maritime Paper's response was swift. Backman was shown the door.

Backman, however, believed that the company's response to his online habits was merely an excuse to avoid paying him severance. He had received good performance reviews before and rather than dismissing him after he was caught viewing pornography in 2005, the company gave him a raise instead.

Arguing, therefore, that his employer had condoned his online habits by its decision to award him a raise in 2005, Backman sued his company for wrongful dismissal, seeking one year's severance and his legal costs. Recently, a New Brunswick judge disagreed.

Finding that Backman's repeated viewing of pornography at work had not been condoned by his employer and that it had destroyed his employer's trust in him as a supervisor, the judge upheld Backman's dismissal. Interestingly, however, the judge also found that Backman's conduct was tantamount to sexual harassment because the female IT manager who performed the audit on his computer found the websites he visited "offensive."

Canadian courts will not be eager to respect privacy rights when employees access inappropriate websites at work. As well, given the unusual finding that viewing pornography on your own computer may amount to sexual harassment, employers now have a greater arsenal for dealing with Internet misuse. But it's not just viewing pornography at work that can land you in my offices seeking legal advice. Employees who spend an inordinate amount of time on the web at work can be viewed as "stealing an employer's time," which can also be cause for dismissal.

Surfing inappropriate websites at work can lead to your dismissal, and possibly a sexual harassment suit.

If you want to ensure that your job is safe, review any computer use policies that are in place and remember that employers maintain the right to monitor your online habits, especially where they provide the computers and Internet access.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

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Dundas W.

RDC unveils new brand

Red Deer College recently unveiled its new brand. The redesigned brand features a new logo with "RDC" in black with a green arc above it. The school's new tagline reads: "When you get here you understand." METRO NEWS SERVICES

ADVERTISING FEATURE

Better career, better environment

Mujeeb Khan is living proof that saving the environment can cultivate new jobs and business opportunities, rather than stifle economic growth.

Khan is manager of operations at Harbour Remediation and Transfer Inc., a firm that sprang up to fulfill a need after the Ontario government began regulating construction sites that unearthed contaminated soil.

Soil "remediation," or cleaning, has become common practice in Toronto where old industrial land is sold and rezoned for new home construction. After decades of industrial use, soil is often saturated with spilled fuel, chemicals and heavy metals — toxins that may be harmful to future residents living there.

"Business is booming for us, due to all of the construction in the GTA and the government's stringent environmental regulations," which ensure homes cannot be built on polluted soil, Khan says.

Harbour Remediation's specialty is cleaning hydrocarbon-contaminated soil, which contains gasoline, diesel or heavy oils. Construction sites are excavated to remove underground fuel storage tanks and the soil surrounding them, which can contain spilled or leaked fuel. The soil is trucked to Harbour's downtown treatment facility.

"When the soil comes in it goes through our machine, which adds chemicals to the soil," explains Khan. "Then it is aerated and turned over repeatedly to allow the bacteria to do their consumption."

The process relies on natural bacteria found in the soil to break down and eat the hydrocarbons, rendering the dirt clean. The only byproducts are a small amount of carbon dioxide and water.

Centennial College taught Mujeeb Khan the value of the environment.

The process takes two to four weeks, depending upon the type of contaminants and the quantity. Once treated, the clean soil is usually sent to a landfill site where it is used to cover trash. It can also be used as fill in parks and residential lands.

When Khan immigrated to Canada in 1994, he realized his civil engineering degree from India alone would not serve him well in his job search. He went to Centennial College to inquire about some English upgrading and had a chance meeting with a professor that would alter his life's trajectory.

"He really helped to direct me into environmental protection as a new career area," recalls Khan. "He was the catalyst that changed my life."

Khan started in the college's Environmental Protection Technician program, which introduces students to microbiology, field sampling, analytical chemistry and surveying — all essential skills in managing complex environmental problems.

Centennial recognized his university diploma and gave him credit for his previous studies, allowing Khan to complete his program in only one year.

He parlayed his civil engineering degree from India into something far more valuable to Canadian employers by attending college.

"I like Centennial because it gives you hands-on knowledge. For example, you learn gas chromatography procedures exactly as you would do them at work. It was a big change compared to the teaching methodology I experienced at university."

For more on Centennial College's engineering technology programs, please visit centennialcollege.ca/SETAS.

–MARK TOLJAGIC

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centennialcollege.ca/parttime

the FUTURE of LEARNING

UWO students to vote on UCC renovation
In February, University of Western Ontario students will vote on the fate of a proposed $15-million reconstruction of the University Community Centre. METRO NEWS SERVICES

Procrastination rampant in school

BRIAN COULTON
for Metro Canada

Save this article for later. You do have e-mails to check, wall posts to make on Facebook, an afternoon shift and a friend's gig to go to tonight. Plus, you'll get to it right afterward ... right?

Not quite, according to the Chronicle of Higher Education. The college and university focused newspaper reports 70 per cent of post-secondary students usually procrastinate. Compare that to the general population, of whom only 20 per cent put tasks off and students start looking like the young slackers they're reputed to be.

But before writing off more than one-million students who returned to college and university this month, comparing their circumstances to preceding pupils might help explain just why so many of them delay.

"Students have way more things on their plate now than they did 10 or 15 years ago. They are balancing a lot more than a student club," says Christie Goode.

She's the Vancouver-based creator of HomeworkTree.com, a new online planning resource for post-secondary students that help them to allocate time to complete assignments and offers homework tips.

Goode says the context of university creates a perfect environment for procrastination. "(University) is a unique environment that breeds this possibility. It's a social and work context that doesn't happen in other areas of life." She chalks up that circumstantial distinction to the abundance of long-term deadlines, extra-curricular activities and free time only typical of students.

In spite of the educational tie, Goode says student procrastination can put more than just grades at risk. Health impacts like higher stress and depression and ethical impacts like increased cheating and plagiarism are just some of the added consequences Goode says procrastination leads to.

To avoid such dangers, she suggests becoming gradually more intentional about assignments. "Exercising a little bit of discipline every week to reach a goal goes a long way in exercising that muscle." The "muscle" is self-control, says Goode; a function Australia's Macquarie University found can be strengthened through exercise like any muscle in your body.

Students are much more likely to put off tasks than the general population, studies suggest.

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St. Andrew's Club & Conference Centre
Sun Life Financial Tower | 150 King St. W., 27th floor

Saturday, September 20 | 11 a.m.
Delta Meadowvale
6750 Mississauga Rd. | South Studio 3 | Mississauga

Saturday, September 27 | 11 a.m.
Delta Toronto East
2035 Kennedy Rd. | Canadian Room | Scarborough

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Parking at VIU frustrates students

Parking at Vancouver Island University is causing problems for students and nearby residents. Students say they are having difficulty finding parking on campus, leaving some to park illegally on streets that are not campus property. METRO NEWS SERVICES

Boss satisfaction riding high

The need for more inspiration and strong leadership in the workplace is increasingly critical in today's economic climate, according to a new nationwide survey of more than 8,700 workers by CareerBuilder.com.

Forty-five per cent of workers said they don't feel secure in the C-level leadership of their organizations. While the majority of workers (73 per cent) are satisfied with the performance of their direct supervisor, only 50 per cent categorized the performance of senior management as good or great. More than half said they don't feel motivated within their organizations and expressed a desire for more personal attention and development.

While bosses ranked higher in overall character, they ranked lower in leadership. Seventy-three per cent of workers categorized their boss as trustworthy, 70 per cent said their boss is respected in the organization and 65 per cent reported their boss communicates effectively. On the other hand, 51 per cent feel their boss does not motivate them, 51 per cent said their boss does not help them move ahead and 41 per cent stated they don't learn from their bosses.

"As we function in an economy beleaguered by uncertainty and instability, communication and motivation at all levels of an organization are imperative to weathering the storm," said Jason Ferrara, vice-president of corporate marketing at CareerBuilder.com. "Leaders need to invest in the career development of workers and reinforce the value that employees bring to their business to create a healthy and open workplace culture."

Thirty per cent of workers surveyed report that they think they could do their boss's job better and said the following were their primary issues with their bosses:

- Plays favourites (23 per cent);
- Doesn't lead by example (23 per cent);
- Is never around (14 per cent)
- Never provides positive feedback (13 per cent).

Companywide communication and motivation came into play when workers identified opportunities for improvement among CEOs, CFOs and COOs. Fifty-five per cent of workers said that senior management does not make an effort to have working relationships with employees on every level, and 58 per cent said senior management does not motivate them.

METRO NEWS SERVICES

Chiefs

- When workers rated their senior executives, they were split 50/50, as 50 per cent of workers rated their CEO, CFO and COO's performance as good or great, while the other 50 per cent rated their performance as fair or bad.

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Rumer Willis to guest on CSI: NY
Rumer Willis, daughter of actors Demi Moore and Bruce Willis, will be playing a character called Mac Tayor (the same name as star Gary Sinese) in CSI: NY's 100th episode that is scheduled to air on Nov. 19. EW.COM

Entertainment

Hanks tribute
The Film Society of Lincoln Centre will pay tribute to actor Tom Hanks at its annual gala tribute on April 27, citing Hanks' talent of making "a good man compelling." IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Igor's monster mash-up

Animated film blends new and old themes

STEVE GOW
for Metro Canada

From Kung Fu Panda to Wall-E to Star Wars: The Clone Wars. These days, computer-animated movies seem to hit theatres every other week. In such an oversaturated movie market, what will make Igor — a modern twist on the classic monster movie — stand out among the rest?

"I haven't seen anything like it but it reminded me of those old films I saw in the '60s and '70s," says the film's lead voice actor John Cusack during a recent interview in Los Angeles.

"Old movies that were around when the Beatles were doing Yellow Submarine. There was some strange animation back then."

A spinoff of the classic story of Frankenstein, Igor — it hits theatres on Friday — does add a slightly gothic take on the now common family film. Intended to have a style unlike most animated features, director Tony Leondis has said that he wanted "the world to be a collage of the Middle Ages and gothic England with a touch of pop sixties."

"I love it because it's different than any other animated film we've seen in years," says Sean Hayes (from TV's Will & Grace) who provides the voice for the character of Brain — a brain in a jar. "It's got sharp edges and corners and it's not soft and flowy."

Where the look of the film lacks in, as Hayes describes, "flowiness," it does make up in a redeeming story. Igor (Cusack) is a slurring hunchback lab assistant who, with the help of Brain, builds his own monster named Eva (Molly Shannon).

Only this monster turns out to be anything but evil. Instead, she is a wholesome, aspiring actress with one gigantic arm and a heart of gold.

"I love that she was so sweet," says Shannon, most recognized for her work on Saturday Night Live. "She keeps to her dramatic studies, working on her voice and her body and (I like) how sweet and innocent she is.

"Now I'm a jaded old broad but when I first started acting, I was really like that," adds Shannon. "I couldn't believe I was in New York City, taking acting studies, having coffee and I was taking notes! It was such a fun time."

"I'm just starting this," jokes Hayes. "Now I'm taking notes. It took me a while."

Igor, a spinoff of the Frankenstein story, opens in theatres Friday.

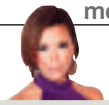
No love for Myers' Guru in India

MOVIES

Mike Myers in The Love Guru

Leading Hindu groups are urging film bosses not to release Mike Myers' comedy flop The Love Guru in India for fear of riots on the streets, imdb.com reports.

Officials at the Universal Society of Hinduism, who spearheaded a Hindu boycott of the film in America, have joined with other leading groups to call for a nationwide ban on the movie, claiming funnyman Myers mocks the religion in the film. There are no immediate plans to release the movie in India and officials insist it's best left that way. METRO NEWS SERVICES



Eva could join The Avengers

Actress Eva Longoria Parker, left, is said to be set to star in the new comic book movie The Avengers as Janet Van Dyne, also known as The Wasp. FEMALEFIRST.CO.UK

Forbidden Kingdom top DVD

MOVIES The most popular DVDs according to Rogers Video for the period ending Sept. 14.

DVD RENTALS

1. **The Forbidden Kingdom**
2. Baby Mama
3. What Happens in Vegas
4. The Promotion
5. Street Kings
6. Then She Found Me
7. August
8. Smart People
9. 21
10. Married Life

DVD SALES

1. **The Forbidden Kingdom**
2. Grey's Anatomy: Season 4
3. Baby Mama
4. Heroes: Season 2
5. Barbie and the Diamond Castle
6. The Office: Season 4
7. Smallville: Season 7
8. Entourage: Season 4
9. Dexter: Season 2
10. What Happens in Vegas

THE CANADIAN PRESS

Sun shining on Sweet

Alt-rock icon delivers eclectic mix on first solo album in four years

BRIAN TOWIE
Metro Canada

Sunshine Lies, the latest album from singer-songwriter Matthew Sweet, is in stores now.

Matthew Sweet has a good thing going baby, as he might say.

The alt-rock icon who cut his teeth in the Athens, Ga., scene — out of which came R.E.M. and the B-52s — has recently released Sunshine Lies, the latest in a low-profile, but critically acclaimed canon that has spanned more than 20 years.

An eclectic collection of upbeat power-poppers set to melancholy narratives, mellotron-accented white noise and ballads that muse on retreats from personal pain — Sweet's work is notorious for it — Sunshine Lies has been called a return to form by the press and is currently the toast of American indie record stores.

"It was about blissful, willful ignorance. I was trying to reconcile the hopelessness of everything," Sweet, now 43, says of the title track over the phone from his home recording studio in Los Angeles. "It was originally supposed to be called Rock Bottom, but I renamed it and then this psychedelic song grew out of the title. It was more 'out there,' which is what I liked."

Long time coming for Sweet's first solo album in four years, though. He recorded Sunshine Lies over more than 18 months between collaborative projects, including a double-album of 1960s pop covers with ex-Bangle Susanna Hoffs, who also makes an appearance on Sunshine Lies (The pair incidentally, has begun work on a cover album of songs from the 1970s, one of them being Blue Oyster Cult's Don't Fear The Reaper).

"I did have it ready, but it was too super-rock and I didn't want it all as just one thing. So, I moved to other stuff and I remixed it," Sweet said. "Then the label told me, 'Deadline, deadline, deadline. Turn it in!'"

Sweet's latest is also the toast of American indie record stores. The LP version of the album, which features four bonus tracks and a CD version as well, came in at No. 2 on CIMS' (Coalition of Independent Music Stores) vinyl chart in early September. It's a trend he's seeing more at his gigs.

"I'm the king of vinyl," he laughs. "Probably not for long though. It's a growing story; the last show I did, people were buying up the vinyl version of the album."

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In brief

TV Comedienne Amy Poehler will leave her post at the hit comedy sketch show Saturday Night Live to give birth to her first baby later this year, imdb.com reports. Poehler, who announced her pregnancy with her husband, Arrested Development star Will Arnett, in April, insists she will not be returning to the show following her maternity leave. She will instead star in her own series, a spinoff of Steve Carell's series The Office.

FAREWELL Frank Mundus, the New York shark hunter who inspired Jaws, has died. He was 82, imdb.com reports. Mundus died Wednesday in Honolulu, Hawaii of a heart attack. He was celebrated by Jaws author Peter Benchley as the inspiration for the film's shark-obsessed fisherman, Captain Quint, played by Robert Shaw.

MOVIES Mamma Mia! is still singing at the top of the global box office chart, taking $17.5 million US across 44 countries in the last week, imdb.com reports. The musical has proved to be a far bigger hit outside the United States, grossing a total of $307 million in foreign territories to date, compared to $139 million in America.

METRO NEWS SERVICES

MIKE STOBE/GETTY IMAGES FILE PHOTO

Tennis star Serena Williams' memoir aims to be motivational.

Williams serving own book in '09

A memoir by Serena Williams will be released in 2009 by Grand Central Publishing, which beat out a handful of other publishers bidding for the life story of the No. 1 ranked women's tennis player.

"Serena Williams is one of the world's most remarkable athletes," Grand Central editor Karen Kosztolnyik said yesterday in a statement.

"We've watched her rise to No. 1 despite physical and emotional setbacks, and her hard work and determination have inspired legions of fans young and old. Serena will give her memoir a strong motivational slant."

Financial terms for the book, currently untitled, were not disclosed, although a publishing official with knowledge of the negotiations said bidding reached at least US$1.3 million. The official, citing the confidentiality of the negotiations, declined to be identified.

Williams, 26, has won nine Grand Slam titles and with sister Venus Williams, won a gold medal in women's doubles at the recent Olympics in Beijing.

Grand Central Publishing is a division of the Hachette Book Group.

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I TRIED DIDA

"The naturopath gave me a list of things to avoid, such as white sugar, white flour, candy, processed foods and active yeast (bread). He then put me on two dida tablets a day, for eight weeks and told me to take them with a meal."

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Candida fungi can overgrow if you eat a poor diet (refined sugars especially), if you have used antibiotics or birth control pills, or if your immune system is weak (malnutrition, overtraining, bad health in general).

Most people don't even know they suffer from Candida overgrowth, but women recognize it, when they get a yeast infection. The normal medical treatments are lotions or pills. These are effective but don't provide a long-term solution. Furthermore, over 40% of sufferers re-experience Candida problems after using these treatments.

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Ledger's bar set for debut

Late actor Heath Ledger's Brooklyn, N.Y.-based bar, Five Leaves, is scheduled to open to the public today. It is now funded by his estate and run by his business partner Jud Mongell. TVGUIDE.COM

CHARLEY GALLAY/GETTY IMAGES FILE PHOTO

Humans are born with the ability to be attracted to both sexes, actress Megan Fox says.

Fox opens up about stripper

Megan Fox has nothing to hide.

The candid 22-year-old Transformers star, who's engaged to actor Brian Austin Green, opened up to GQ about her love life, telling the magazine she was once in love with a female stripper.

Fox, who appears on the October cover in a black bikini, said she was in the relationship when she was 18 and first living in Los Angeles alone.

"Well, that year my boyfriend broke up with me and I decided — oh man, sorry, mommy! — that I was in love with this girl that worked at the Body Shop," said Fox. "I decided that I was going to get her to love me back and I went out of my way to create a relationship with this girl, a stripper named Nikita."

Fox said Nikita would do "these beautiful slow dances to Aerosmith ballads." The actress also said she would bring her gifts and try to inspire her to quit her line of work.

Fox's publicist, Dominique Appel, has confirmed the contents of the GQ report.

Despite the brief relationship with a woman, Fox said she does not identify herself as gay.

"Look, I'm not a lesbian," said Fox. "I just think that all humans are born with the ability to be attracted to both sexes. I mean, I could see myself in a relationship with a girl — Olivia Wilde is so sexy she makes me want to strangle a mountain ox with my bare hands. She's mesmerizing. And lately I've been obsessed with Jenna Jameson, but … oh boy."

THE ASSOCIATED PRESS

Art by animals goes on block

AUCTION This art is created not by hands, but by paws and claws.

Paintings featuring the brush strokes and paw prints of animals such as snow leopards and sea lions from zoos around the United States went on sale yesterday.

The sale is part of an online auction at auctionnetwork.com to raise money for zoo conservation efforts.

The event is sponsored by the Association of Zoos and Aquariums.

Association spokesman Steve Feldman says zoo keepers have long used painting as a way to mentally stimulate animals.

Bidding began at 5 p.m. with a painting by a penguin from Columbia's Riverbanks Zoo.

For more information on the auction, go to auctionnetwork.com.

THE ASSOCIATED PRESS

McGregor mutes cancer news

PEOPLE Actor Ewan McGregor is playing down his recent "cancer scare," because his life was not in question, imdb.com reports.

McGregor

McGregor attempted to deal with his basal cell carcinoma quietly, but word spread that McGregor was battling cancer. However, he hates the idea he's a survivor.

"It is scary when you hear you've got cancer," he said. "I quickly discovered it's a very common and treatable condition. I would hate to say I had a cancer scare, because it's not fair to people who really have cancer scares. In my case, my mortality wasn't called into question."

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Thirds for chef?

Chef Jamie Oliver, left, has reportedly revealed that he would love to add a son to his family even if that means adopting. He and his wife, Jools, already have two daughters. FEMALEFIRST.CO.UK

Dancing not right forum, Bass says

REALITY TV While Lance Bass has no qualms about dancing with a man in the public spotlight, he just doesn't think his Dancing With the Stars gig is the right outlet, People.com reports.

"I think it would be so silly that it would just overshadow everything else going on," Bass, the first openly gay contestant on the show, told E! Online. "I think it's so important for me to do this, but my biggest concern is I just hope it doesn't hurt the gay community in any way. I definitely feel a responsibility of making sure I represent well."

METRO NEWS SERVICES

HBO going old, old school

HBO — THE NEW PBS? There was a day when U.S. public television was known for its quality documentaries and period costume dramas — the latter usually imported from Britain — but every time I tune in these days they're either showing some dubious motivational speaker holding forth to an audience of retirees about either money or health, or in the middle of a filmed concert featuring doo-wop or reconstituted classic rock bands performing for an audience of the same retirees who've had a chance to change from their sport jackets to those oversized, high-quality T-shirts that look like they are dry-cleaned. Last weekend I was leapfrogging up the dial to the local PBS affiliate hoping at least for a rerun of As Time Goes By, only to be treated to the sexagenarian Troggs in the middle of Wild Thing, part of a night of garage and frat rock bands in front of the usual audience of semi-ecstatic grandparents.

Not just during fundraising drives, but during the balance of the broadcasting year, PBS has become the house network of the AARP.

A stray spark leapt across the synapses this week when I read about the latest show to get greenlit by HBO. It's been fascinating watching the jewel in the crown of quality cable during these last few post-Sopranos/Sex And The City years, as it's been struggling to restore its vitality and reputation in the face of misfires and executive shakeups while one-time also-rans like Showtime, FX and AMC have stepped into the void they have left behind.

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

A massive new hit from HBO would not only be nice for them, it would be the uplifting last chapter to a story about how a commercial entity lost and then rediscovered its creative inspiration against all apparent odds.

That's a 5,000-word magazine story I'd love to read.

HBO is going about reviving its mojo in a curious way; a historical miniseries about the largely unsung second president of the United States has been its most recent critical hit and they have taken that as a cue and given the go-ahead to Manhunt, a new miniseries about the 12-day search for John Wilkes Booth, the assassin of Abraham Lincoln, in the days following the end of the U.S. Civil War.

Manhunt will reunite David Simon, the creator of HBO's The Wire, with Tom Fontana, the man behind Oz, for the first time since Fontana turned a book Simon had written as a crime reporter in Baltimore into the NBC series Homicide. It was originally conceived as an action-oriented thriller featuring Harrison Ford as the cavalry officer who finally corners Booth. But the option on Ford ran out, according to a story in Broadcasting & Cable magazine and Simon and Fontana decided to take the story in a less Jack Ryanesque direction.

"I don't do action," said Simon.

One can't help but speculate how far HBO can go down this road — perhaps a real-time series about the decimation of Galveston, Texas by a hurricane in 1900 (complete with bludgeoning parallels to Katrina and a groaning comparison of William McKinley to George W. Bush), or a sordid expose of the melodramatic goings-on in the Woodrow Wilson White House during World War One. HBO has about 20 years to kill, after all, until it can start airing concerts featuring reunited grunge bands.

Rick McGinnis writes about music, movies, books and television, but not opera.

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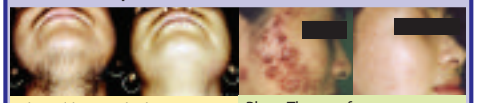

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/17/08	265	353	2	TVO	Child Brilliant	Gorilla	The Agenda With Steve Paikin		Admission Impossible		Chinese School (N)		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV PA) (N)		Wipeout (Season Finale) (N)		The Office		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Secret Life of American Teen		Hell's Kitchen		Friends	Most Amazing	News (N)
	212	313	8	CTV	eTalk	Hollywood	So You Think You Can Dance Canada (N) (DVS)				CSI: NY "Hostage"		News (N)
	218	345	11	E!	The Insider (N)	E! News	To Be Announced				True Hollywood Story		News (N)
	137	763	13	TFO	Panorama été	Jardins	Destination Nor'Ouest (SC)		*Fête de famille* ★★ (1998, Com. dramatique) Ulrich Thomsen.				Tournants
	-	-	14	-	Cold Case "Spiders"		News (N)		News (N)		2Half Men	King	Cold Case
	213	326	15	SUN	Becker	George Lopez	*Double Cross* (2006, Suspense) Yancy Butler.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	Old Christine	Old Christine	Criminal Minds "Lo-Fi"		CSI: NY "Hostage"		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent The top 10 contestants. (Live)				Law & Order: Criminal Intent		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Wife Swap		20/20: The Royal Family (HDTV) British monarchy.				News
	219	346	20	ACH-B	Robson Arms	TMZ (N)	America's Next Top Model (N)		America's Got Talent The top 10 contestants.				News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Bones (HDTV PA) (N)		'Til Death	Do Not Disturb	Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Mulberry	Billy Joel: The Stranger Live			Carole King: Welcome to My Living Room			Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	America's Next Top Model (N)		90210 "The Bubble"		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (N)		WBZ News (N)	'70s Show	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Next Model
news	502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News: The National		Monarchy: The Royal Family		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		On the Money		Asia Squawk Box		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	Billiards US Open 9 Ball 2008.		UFC Fight Night (Live)				Sportsnet Connected		Ult. Fighter
	400	400	30	TSN	MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ed's Up	Videos	The Search "Italy"		Ed's Up	Adventures	Word Travels	Globe Guides	Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)	Pinks Outtakes	Wrecked	Wrecked	Pinks (HDTV)
family	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)	Robot Chicken	Daughter-Devil
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	The Suite Life
cable variety	602	567	27	W	Will & Grace	Friends	Grocery Bag	What You Eat	Supersize vs. Superskinny (N)		Gok's Fashion Fix (N)		Style by Jury
	570	580	29	MM	MTV's Top Pop Group (N)			Technical Diff.	PunchMuch		MTV's Top Pop Group		
	615	520	31	A&E	CSI: Miami "10-7"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel
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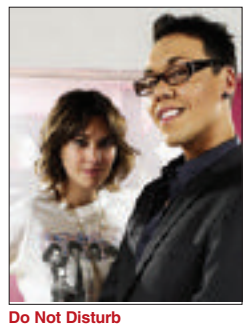
	601	562	41	SLC	End of Leash	ET Canada	X-Weighted		Work Out		Inside Hollywood		X-Weighted
	522	506	43	HIS	NCIS "Suspicion"		Cities of the Underworld		Moby Dick: The True Story		NCIS "Suspicion"		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	RENO 911!	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Property Shop	Big City Broker	Property Virgin	Unsellable	Flipping Out		Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	*Major League: Back to the Minors* ★★ (1998, Comedy)				Frasier	Seinfeld	Friends
	576	582	49	BET	106 & Park: BET's Top 10 Live		Ne-Yo: Gentle	Black Carpet	*The Wash* ★ (2001, Comedy) Dr. Dre, George Wallace.				Comic View
	627	528	50	SPC	Lost "The Moth"		Star Trek: Deep Space Nine		Battlestar Galactica		Ghost Hunters International (N)		Stargate SG-1
	581	566	52	MTV	Busted	After	Canada's Next Top Model		Run's House	Run's House	Run's House	Run's House	MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	Seinfeld	'70s Show	Family Guy
	603	561	56	FOOD	Road Grill	Licence to Grill	Restaurant Makeover		Iron Chef America		Jamie's Return to School Dinners		
	261	394	60	V	Murder, She Wrote		Chambers	No Place Like	Darling Buds of May		Enigma (N)		Hope Island
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	eTalk	Live at eTalk	eTalk	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Wonder Pets	Nght Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Qui a tué?	Poule-oeufs or	Destinées (HDTV) (SC)		Les Soeurs Elliot (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	Judging Amy		*The Grass Harp* ★★★ (1995, Drama) Piper Laurie.				Mysterious Ways		Judging Amy
	300	601	301	M1	(7:05) *Nitro* (2007, Action) Guillaume Lemay-Thivierge.				*American Gangster* ★★★ (2007, Crime Drama) Denzel Washington.				
	305	612	306	PIX	(7:10) *The Adventures of Ford Fairlane* ★★ (1990)				*Escape From Alcatraz* ★★★ (1979, Adventure)				*Dead Silence*

critics' corner

Gok's Fashion Fix

Even those who think fashion-related television is dull — who can afford those clothes, anyway, and what real person looks good in them? — will like this new series hosted by Gok Wan ("How to Look Good Naked"). He shows how to replicate designer looks for a fraction of the cost, while sidekick Alexa Chung stages humorous "road tests" of hot styles. Other segments include designer interviews and celebrity wardrobe prowls. Good times! 10 PM on W



Do Not Disturb

When Neal (Jerry O'Connell) decides to hang a giant bird cage in the bar of The Inn to put his top-notch female staff on display, Rhonda (Niecy Nash) warns him it may be against hotel policy. Downstairs, Larry (Jesse Tyler Ferguson) gives Gus (Dave Franco) inside information about female guests to he can sweet-talk them into tipping better. Audrina Patridge checks in. 9:30 PM on FOX

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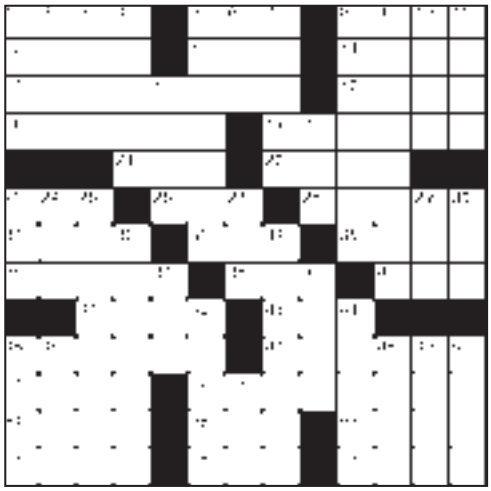


Crossword across

1 Lone Ranger trademark
5 Tit for —
8 Big bothers
12 Killer whale
13 Miners' gathering
14 Unuttered "alas"
15 Muscle relaxant
17 Part of TLC
18 Wooden shoes
19 USNA freshmen
21 Lennon's love
22 One of the Jackson 5
23 Dancer Charisse
26 Help
28 Cockpit occupant
31 Raised platform
33 Prune
35 Farewell, in Florence
36 Make like Torvill and Dean
38 "A mouse!"
40 Weep
41 Actress Sorvino
43 Have a bug
45 Snuck a look
47 Nap
51 Mortgage datum
52 Oblique
54 Microwave, e.g.
55 A billion years
56 Dines
57 Twerp
58 Trench
59 Being (Lat.)

Crossword down

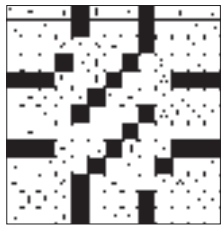
1 1960s London subculturists
2 Met melody
3 Wound cover
4 Buzzing instrument
5 It's turned when plowing
6 Coach Parseghian
7 Lure
8 Spartan
9 Fiendish
10 Shrek is one
11 "Take Her, — Mine"
16 Sicilian spouter
20 Back talk
23 LPs' successors
24 Tibetan beast
25 Twice the radius
27 Buck's mate
29 Rowing tool
30 Plaything
32 Wages
34 Lowly one
37 Before
39 Chess piece
42 Venomous viper
44 Detached
45 Pt. of speech
46 Roof overhang
48 Responsibility
49 Uses a ray gun
50 Otherwise
53 Debt notice

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7					1	2	5	
	9			4		3	8	
1			8					9
				8			1	5
		1				9		
6	2			9				
3					9			7
	7	4		2			3	
	6	2	7					8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

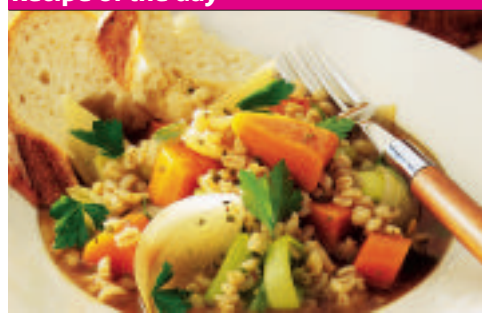


9	4	7	8	5	6	1	3	2
3	8	6	1	7	2	4	9	5
5	2	1	4	9	3	8	6	7
4	1	9	5	6	7	2	8	3
2	3	5	9	4	8	7	1	6
6	7	8	3	2	1	5	4	9
7	9	2	6	1	4	3	5	8
1	6	3	7	8	5	9	2	4
8	5	4	2	3	9	6	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day



COOK SMART FOR A HEALTHY HEART

Roast Vegetable and Bean Stew

This easy, one-pot dish of root vegetables and pinto beans makes a nourishing fall dinner and needs no accompaniments.

INGREDIENTS:
1 small acorn squash
1 lb (500 g) new potatoes, scrubbed and cut into 1 1/2-in. (4-cm) chunks
2 carrots, cut into 1 1/2-in. (4-cm) chunks
2 parsnips, cut into 1 1/2-in. (4-cm) chunks
2 large zucchini, cut into 1 1/2-in. (4-cm) chunks
2 tsp (10 mL) olive oil
1 garlic clove, finely chopped
4 large sprigs of fresh rosemary, plus extra sprigs to garnish
2 cans (19 oz/540 mL) pinto beans, drained and rinsed
1 cup (250 mL) apple cider
1 cup (250 mL) hot low-sodium vegetable broth
Salt and pepper

METHOD:
1. Preheat the oven to 400°F (200°C). Halve the squash and remove the seeds, then peel the skin and cut the flesh into 1 1/2-in. (4-cm) chunks.
2. Put the squash in a bowl and add the potatoes, carrots, parsnips and zucchini. Drizzle the olive oil over the vegetables and toss to coat evenly. Stir in the garlic, and season lightly with salt and pepper.

3. Lay the rosemary sprigs on the bottom of a large roasting pan and spread the vegetables on top in a single layer. Roast until lightly browned, about 30 minutes, turning once.

4. Remove from the oven and stir in the pinto beans, cider and broth. Cover the pan tightly with foil, then return to the oven and cook until the vegetables are tender, about 20 to 25 minutes. Before serving, remove the rosemary stalks and garnish with fresh rosemary sprigs.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
You can conquer restrictions without a struggle. A stroke of luck leads to success. Someone doesn't understand your opinions.

TAURUS ♉
APRIL 21-MAY 21
An important letter becomes a vexation. A trumped-up story creates intolerance. Define your standards for a sad person.

GEMINI ♊
MAY 22-JUNE 21
Rearrange your expectations of authority. An amiable man jogs your memory. Someone plays second fiddle to a lazybones.

CANCER ♋
JUNE 22-JULY 22
A disagreement about privileges leads to changes. Get the facts straight or you'll make pathetic mistakes. Trust that things can be done quickly.

LEO ♌
JULY 23-AUG 23
A challenge results from a misunderstanding. Inspiration finds you some noisy supporters. You'll have a hair-raising adventure.

VIRGO ♍
AUG 24-SEPT 22
Try to get concessions from a virtuous person. Don't waste time or money. A failure can be a source of pleasure.

LIBRA ♎
SEPT 23-OCT 23
Request help from ruthless people. Surprise a friend with a thoughtful remark. Don't get carried away with a stranger.

SCORPIO ♏
OCT 24-NOV 22
You should expect affection from a youthful person. Trust your feelings when you have complaints. Friendliness wins over a self-righteous loser.

SAGITTARIUS ♐
NOV 23-DEC 21
Try to wipe away your doubts. You'll be celebrating an excellent prospect. A friend's strange remarks will unnerve you.

CAPRICORN ♑
DEC 22-JAN 20
Don't refuse to admit overhearing a conversation. Someone is teasing a wishy-washy guy. A secret rendezvous will take its toll.

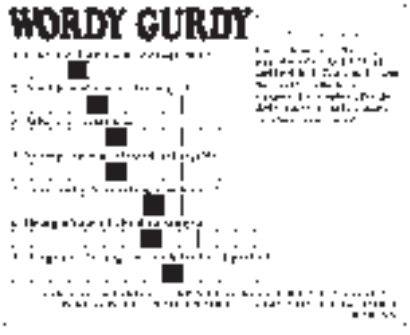
AQUARIUS ♒
JAN 21-FEB 18
Start the ball rolling, because success is nigh. A man in despair talks of world weariness. Someone's feelings are made of balsa wood.

PISCES ♓
FEB 19-MARCH 20
You know more than you're letting on about something. A confident person will contribute staying power. A dreamer comes out in the open.

This day in history

SEPT. 17, 1630: The city of Boston, Massachusetts, is founded.
SEPT. 17, 1787: The United States Constitution is signed in Philadelphia, Pennsylvania.
SEPT. 17, 1814: Francis Scott Key finishes his The Star-Spangled Banner poem.
SEPT. 17, 1908: The Wright Flyer flown by Orville Wright, with Lieutenant Thomas Selfridge as passenger, crashes; killing Selfridge. He becomes the first airplane fatality.
SEPT. 17, 1956: Television was first broadcast in Australia.
SEPT. 17, 1976: The first Space Shuttle, Enterprise, was unveiled by NASA.

METRO NEWS SERVICES



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TICO

Kidman to sponsor awards

Actress Nicole Kidman will sponsor awards for best male and best female actor at Tropfest NY Sept. 26, an event honouring achievement in short filmmaking. PEOPLE.COM

Celebrity Buzz

Sienna fans outraged by 'affair'

ONLINE The fallout continues from actress Sienna Miller's romance with actor Balthazar Getty, MSN Entertainment reports.

Her biggest fan site, Sienna-Miller.org, has decided to pack it in because of her liaison with Getty, who, while still married, is no longer with his wife.

"We do not know the whole story behind this affair and some may argue it is not our place to judge BUT when Sienna can cavort so publicly and so shamelessly with this man who IS married and does have four children (including a baby only a few months old) with his wife, my respect for her goes out of the window," writes the webmaster. "One minute she says she wants to be taken seriously as an actress and she's sick of all the false stories about her in the press … and the next she's topless on a beach with a married man's hands all over her — come on Sienna, you know the paparazzi are going to be around. If she was serious about being taken seriously, she would, well, not display herself so publicly like this."

Unless a suitable replacement is found, the site will soon close up shop for good.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Victoria talks muse

CAREER Former Spice Girl Victoria Beckham has written a heartfelt letter about her fashion dreams coming true — and how husband David inspires her new men's line, People.com reports.

"This past year has been amazing, not only as a mother and wife, but as the Creative Director of my label 'dVb by Victoria Beckham,'" Victoria, 34, writes on her website. "In just under two years dVb has grown from a passionate idea into collections which are stocked in top stores around the world — something I only used to dream of."

Fuelling her dream, as her label leaps the gender gap, is her spouse.

"The label grows as I do," she writes. "Along with women's denim the dVb mens collection has just launched and who better than David to be my muse!"

METRO NEWS SERVICES

celebrity brief

Thieves spare Moss' ring

CRIME Model Kate Moss is relieved a $360,000 US ring was spared after vandals targeted her car, imdb.com reports.

The 34-year-old was stunned when thieves broke into her Range Rover outside her north London home and feared her solitaire diamond ring had been stolen in the raid.

But Moss was delighted to learn the vandals only retrieved $18 and a box of chocolates.

METRO NEWS SERVICES

celebrity brief

Allen excited about album

MUSIC Lily Allen has revealed that her new album is to be released Feb. 9, the Daily Mirror reports.

"I am so excited, we're getting all the artwork and stuff done and coming up with new and interesting ideas," Allen posted on her Myspace blog about her latest offering.

"I hope you'll all love it as much as I do."

METRO NEWS SERVICES

Federline warns Paris

PEOPLE Kevin Federline has warned Paris Hilton to stay away from Britney Spears, femalefirst.co.uk reports.

The dancer and rapper, who has two children with ex-wife Spears, told the hotel heiress to leave the singer alone because she does not need any bad influences in her life.

Federline reportedly told the socialite he does not want Spears to return to her troubled lifestyle for the sake of his children Sean Preston, 3, and Jayden James, 2.

"It was quite a chilling warning," a source told Britain's Daily Star newspaper.

METRO NEWS SERVICES

Rihanna's troubled childhood

PEOPLE Rihanna rarely gets drunk because she was taught the dangers of booze by her reportedly alcoholic father, femalefirst.co.uk reports.

The Barbados-born star recently revealed that her childhood was blighted by her dad's alleged drink and drug problems, admitting that as a child she was often left to care for her younger brothers while her mother was at work.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

So it sounds like **Victoria Beckham** has finally revealed the secret of her design success. She says hubby David, famous footballer, is her muse. Victoria ought to be careful about relying too much on her husband for design inspiration. All his ideas are bound to be so 'footy-focussed' they may not be quite Project Runway worthy.

Allow me to do what I always do when I have no actual evidence to back up my thesis and simply make up examples that I imagine may result.

Jewel Protection Pants are fashionable slacks with an interesting added feature: A pair of padded, crossed hands strategically sewn across the crotch. You'll never be ill-prepared for a surprise free kick again.

The Red Card is an attempt to bring back the classy jacket pocket puff, albeit in the form of a bright red square which the dashing young dandy can pull out just like a referee anytime he wishes to banish an offending 'player' from the dance floor.

Because no outfit is complete without footwear, Rooney Runners, named in honour of dynamic, but frequently imbibing English player Wayne Rooney, are basic white sneaks with a twist. They're tastefully splattered in decorative fake vomit.

NEWSDESK@METRONEWS.CA

Lohan wants Scorsese film role
Actress Lindsay Lohan is calling on Martin Scorsese to cast her in his next movie, revealing it's her dream to work with the Goodfellas director. IMDB.COM

Celebrity Buzz

celebrity brief

Richie open to talk of another child

FAMILY Could Harlow have a little brother or sister soon?

"If it happens, it happens," Nicole Richie told Extra.

The reality TV star said she and rocker Joel Madden are "just enjoying every day" raising eight-month-old daughter Harlow, usmagazine.com reports.

"She is pulling herself up standing ... We don't have to burp her anymore," Richie said.

She's even beginning to form her first words.

"She says 'mama' and 'dada,'" Madden said. "She says 'dada' when she wants to play. Wants to laugh. And 'mama' is everything else. When we walk into a place, she waves to everyone."

METRO NEWS SERVICES

Book calls Love Cobain's downfall

CONTROVERSY Courtney Love caused the steep downfall of her husband Kurt Cobain's band Nirvana, according to a new book detailing the late rocker's life.

Former record executive Danny Goldberg writes in his forthcoming memoirs, Bumping Into Geniuses, that the Hole frontwoman led the musician into a world of drugs and debauchery, femalefirst.co.uk reports.

In the revealing tome, the author claims Love acted as Cobain's "mouthpiece" and once demanded that Goldberg give them a huge amount of cash, which they were allegedly planning to spend on a heroin binge.

"I felt pretty uncomfortable as I delivered the package of $100 bills to her at the hotel," he writes. "Abruptly, the dark cloud of drug excess had entered the band's life. I was confronted by the baroque facade of lies and the awful glassy-eyed deadness that regular heroin use provides."

He adds, "Courtney's very presence was a metaphor for the end of one era in the band's life and the beginning of another."

METRO NEWS SERVICES

Leo and model split up again

ROMANCE The light-switch romance of actor Leonardo DiCaprio and model Bar Refaeli is off again, the New York Daily News reports.

The pair have been partying apart over the past few weeks. Refaeli appears bereft, sources say, like she's looking for a good time but not finding it.

As for DiCaprio, the good times find him. A brunette reportedly latched onto him at a New York Club recently, but the source adds they did not exchange phone numbers.

DiCaprio and Refaeli's relationship has been bumpy since they met in 2005, including a split in October 2007.

METRO NEWS SERVICES

Doherty, Garth feuds in the past

PEOPLE While much has been made of the feud between 90210 actresses Shannen Doherty and Jennie Garth, that's all in the past, People.com reports.

"I adore her," Doherty said. "Not only do I adore her, but I think she is awesome on (90210)."

The characters the two women played feuded over the same man on the original 90210, but were also reportedly enemies off-screen, too.

"We've both grown up," Doherty said. "I thought she was always good, but she brings something to that show that I think it needs. She's sort of this stable force, that calm centre, and I think she's terrific."

Doherty revealed that the two even text message all the time.

"We're friends," she said. "I couldn't be happier that I worked with her again. She's amazing."

METRO NEWS SERVICES

Hudson's best/worst dates

RELATIONSHIPS If you're trying to woo actress Kate Hudson, don't be boring, People.com reports.

Hudson shared some of her best and worst dating moments recently at a press conference for her new comedy, My Best Friend's Girl, opening Friday.

"One date, I just left before we even ordered food because the guy was just so deeply boring that it was like, 'I'm going to just save us from all of this and just leave,'" said Hudson, 29, adding that her date "was in banking. I'm not kidding."

Instead, Hudson suggests other ways to get her motor running.

"I like to be surprised (with) something fun or something different, like racing cars ... or miniature golf or something," Hudson said. "If you're going to go on a date, do it right, you know?"

METRO NEWS SERVICES

celebrity briefs

Longoria slams bump watchers

RUMOURS Actress Eva Longoria Parker is blasting bump watchers, usmagazine.com reports.

"I wish people would just chill out," she says when asked about those pregnancy rumours. "You'll know when it happens."

She says she recently bonded with Jennifer Garner, who also faced pregnancy speculation months before she announced she was expecting her second child.

"When I saw her she was like, 'I know. They just need to chill out. They're going to find out eventually,'" Longoria Parker recalls Garner as saying.

METRO NEWS SERVICES

Keira unsure of career direction

PEOPLE Actress Keira Knightley is unsure of which direction to take her career, femalefirst.co.uk reports.

"I haven't quite found what I'm looking for yet," Knightley said. "What I'm not capable of doing is, 'For my career, I should be doing this right now.' I can't do that because I can't try and be interested in something that I'm not. It has to be about something that I do actually want to talk about."

METRO NEWS SERVICES

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